

Comune di Bari - Federazione Italiana di Atletica Leggera Istanbul Valiligi - Ihsan Zakiroglu Ortaokulu - Eurodemos - Directia Judeteana pentru Sport si Tineret Iasi - TDM 2000 Malta - Malta Youth Football Association - Regional Directorate of Primary and Secondary Education of Crete

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Hostel Marina
Cagliari - Italy



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8-16
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2017

GET ADDICTED TO
SPORTVALUES

INTERNATIONAL TRAINING
FOR EDUCATORS



Get Addicted to Sport Values

International Training of Educators 08th/16th of July 2017



DAY 1 - 9th of July



1st Session

The meeting started with a presentation by Angelica Perra, President of TDM 2000 International, applicant of the Project:

Brief description of the Organisation, when it was born, its development and main goals. Among the various activities listed, its commitment to the implementation of capacity building and educational projects has been emphasised. The main target group is youngsters and youth organizations. The association's main purpose is the personal and professional development of young people through the right mix of formal and non-formal education.

TDM 2000 International is a network of 28 organizations based in 22 countries. Among the projects the organisation has already implemented, some of them have been taken as examples:

- **YES** (Youth Engagement in Society) the basic idea of the *YES project* is to foster active citizenship, providing information about Europe and offer active work and discussion on a game-based approach.
- **Operating Grant**, to empower all activities the organisation implements such as seminars, trainings, EVS, webinars on different topics, etc.
- **Euroasi**, a capacity building project aimed at sharing with the partner countries from South East Asia the experience gained and the best practices acquired in the last two decades from TDM, promoting a better comprehension of the importance of non-formal education and youth mobility as tools to bring a positive change in the life of local young people.

The sport project idea stems from the desire to find new non-canonical channels to promote educational actions, a field in which TDM 2000 International has a decade of experience. The final goal of the project is to educate children and young people about the true values of sport, involving all the people that can affect or have an important part in children education (parents, coaches etc.) starting from the roots in order to make the athletes of tomorrow aware of sport values.



At the moment we are at the sixth month of the project, the foreseen activities are expected to be implemented till April 2018.

Brief presentation of the TDM 2000 International staff involved in the GETVAL Project. All the Training activities will be carried out through a mix of formal and non-formal methods; the foreseen activities for the first day of the training are:

- **icebreaker;**
- **project presentation;**
- **sharing information** about main aim and core activities every **partner organisation** does.

The session continued with a non-formal activity to make all the participants get to know each other.

Brief overview of the training agenda, summary of all the foreseen week activities.

	DAY 1 08-Jul	DAY 2 09-Jul	DAY 3 10-Jul	DAY 4 11-Jul	DAY 5 12-Jul	DAY 6 13-Jul	DAY 7 14-Jul	DAY 8 15-Jul	DAY 9 16-Jul
MORNING 10:00-13:00	Arrivals	Getting to know each other; Personal Expectations and Contribution	Defining Sport Values	Public Event & Organizations Fair	Threats to integrity in sport: Match Fixing (Andrea Contini, FIGC Sardegna, Mario Beretta, Manager of Youth sector of Cagliari Calcio Football Club)	Other threats to integrity in sport: Violence (Alberto Arioli e Gloria Corgiolu - Fondazione Giuliani)	Meeting local schools during the EU Award Event (Members of EU Parliament - Representatives of Italian and Maltese National Agencies)	Development of tools & practices for Sport value-based education	Departures
		Presentation of the project and state of advancement	International Sport Organisations (Gregory Bonfils)		What is doping? (Giampiero Cortis)	Other threats to integrity in sport: Racism (Ken McCue - SARI)	EU policies and Programmes		
13:15		Lunch (Major Restaurant)	Lunch (Major Restaurant)		Lunch (EX Manifattura Tabacchi)	Lunch (Major Restaurant)	Lunch (Major Restaurant)	Lunch (Major Restaurant)	
AFTERNOON 15:00 -18:00		Presentation of participating organizations	Sport Values in school sport (Andrea Delpin ISF)	Thematic group works (Sport, environment protection, migrants, youth)	How to tackle doping with youngsters? (Giorgia Corradini and Ilaria Ingravalle: FIDAL (Italian Athletics Federation))	Other threats to integrity in sport: Racism (Francesco Seguro, president of Youth Red Cross Sardinia)	Working on recommendations for EU policies	Project technicalities & follow-up actions	
		Countries Realities	Sport Values in practice (Giorgia Corradini and Ilaria Ingravalle - FIDAL)	Free Time		Other threats to integrity in sport: Discrimination (Amina Moustafa SARI - "No Hate" movement)		Final Evaluation	
20:00		Dinner (Major Restaurant)	Dinner (Major Restaurant)	Dinner Out	Dinner (Major Restaurant)	Dinner Out	Dinner (Major Restaurant)	Dinner (Major Restaurant)	

All the participants are divided into three groups in order to state what are their expectations and contributions related to the International Training they are going to attend, among the **contributions**:

- sharing experiences and activities already implemented;
- sharing best practices;
- sharing passion and commitment;
- develop new tools to promote sport values.

Among the **expectations**:

- get to know each other;
- making friends;
- get to know more about the project;
- new partnerships;
- discover sport values better;
- understand how to implement the foreseen specific activities in the different country realities.

2nd Session

The afternoon session started with the Power Point presentation of GETVAL project realized by TDM 2000 International, (**Power Point: GetVal Project presentation TDM 2000 International**) in addition some dissemination materials such as website, social media pages, and promotional videos were shared with the partners in order to give them some examples of useful tools they could realize and use in their countries. All the representatives of the partner organisations were requested to officially introduce themselves and to describe the most significant activities done by their organisations.

The consortium of the project beneficiaries involves institutions of different types, public and private, (three NGOs, sports clubs, schools and governmental bodies. The project partner organisations are established in 5 different countries.

1) Romania - Judeteana Directia pentru Sport si Tineret Iasi (Power Point: İSTANBUL GOVERNORSHIP AND İHSAN ZAKİROĞLU SECONDARY SCHOOL Presentation) - Regional Public institution working under the Ministry of Youth and Sports. The two departments are separate and have different coordination but they are often engaged in the realization of projects that have common objectives. Many people cooperate in the activities undertaken by the two offices (about 50). Previous experience of implementation of projects related to sports in spite of this Project is the first experience of a sports project funded within the Erasmus+ Sport Programme. Most of the funds used come from the reference Ministry; the two organizations are able to organize events and financing activities for the realization of additional events and projects targeting youth.

The University of Iasi, the second most important in Romania, is often among the partners of the activities and projects carried out by the body. The organisation also boasts previous collaborations with Local Olympic Committees, schools and local sports associations.

The institution operates at local, national and international level; it supports sport federations, clubs and organisations, it also organises sport events. Five Counsellors in each region are the responsible for the coordination of the activity done; each one of them supervises a group of sports such as volleyball, darts, athletics, etc. Sport for people affected by disability is also a priority of the institution.

2) Turkey - İhsan Zakiroglu Ortaokulu Secondary school (Power Point: İHSAN ZAKİROĞLU SECONDARY SCHOOL - İSTANBUL GOVERNORSHIP AND İHSAN ZAKİROĞLU SECONDARY SCHOOL - Presentation - Videos: Istanbul City Promotional Video - Turkey video promotion) - It is a public secondary school of Turkish National Education Ministry which has 1640 learners between the ages of 10 to 15. It serves with 80 teachers and 5 administrative staff to the parents with high academic and social successes. They have a system of education and training as determined by the Ministry of Education of the country with 44 classes, 2 information technology classes, 2 fine arts ateliers and a gymnasium.

The training staff is efficient and well experienced. Learners are involved in many different sport activities as football, basketball, volleyball, badminton, tennis etc. Depending on the national curriculum, learners can be educated in common sports branches but also other sports such as swimming, squash, taekwondo and karate by willing students with extra-curricular activities.

3) Turkey - Governorship of Istanbul (Power Point: Gov. Istanbul Presentation Turkey) - It works under the umbrella of the Ministry of Domestic Affairs. It deals with education and sports at local level.

Projects implemented by the organisation deal mainly with issues with social implications:

- projects to prevent the spread of drug addiction amongst young people in Istanbul;
- experience of projects funded by the European Commission within the Erasmus + Programme, key actions K1, K2 and K3;
- 6 projects with the aim of addressing the refugee crisis in Turkey.

4) Greece - Regional Directorate of Primary and Secondary Education of Crete (Power Point: RDPSEC - Presentation Greece) - a brief introduction of the Greek educational system, 13 Directorates in Greece, children attend primary school until the age of 12, then begin the secondary education up to the age of 18 years. In Crete there are 1.100 schools and 700.000 people in total. The Regional Directorate of Primary and Secondary Education of Crete has considerable experience in European Programmes, since 2015 9 Projects have been approved:

- Horizon 2020 (15 partner organizations Project);
- Erasmus + 6 projects approved under Action KA2 / Strategic Partnership;
- 2 projects Action Sport - Erasmus + Programme.

One of the priorities of the Directorate is to use sport as a tool in order to prevent possible problems and issues related to youngsters.

5) [Malta - TDM 2000 Malta](#) (**Power Point: TDM 2000 Malta - Presentation**) - the NGO is part of the TDM 2000 International network, operating at local level organizing charity events with specific targets (eg. disabled, elderly) close connection with TDM 2000 international, numerous past collaborations in previous projects.

Many project related to sport and social inclusion through sport have been already implemented by the organisation.

6) [Romania - NGO EURODEMOS](#) - The organisation has 27 years of experience in the defence and promotion of human rights; it was founded during the Romanian people's revolution in contrast to the communist regime in the 1989; the event was a chance for young people to build a new nation and a new way of thinking. The organisation has among its priorities to protect the health of young people by encouraging them to adopt healthy behaviours. Sport falls in the list of activities that the organisation intends to promote among young people. Encourage the practice of sport not only among young people but among all. Eurodemos already has experience of projects in the field of sports. Its past collaborations in other projects in partnership with TDM 2000 International give an added value to the consortium, confirming its solidity.

(Power point presentations and Info material included).

Links:

GETVAL Website: <https://www.sportvalues.eu/>

GETVAL Facebook page: <https://www.facebook.com/search/top/?q=get%20addicted%20to%20sport%20values>



DAY 2 – 10th of July



1st Session

The first session of the day was dedicated to try defining Sport Values.

The participants discussed about the topic. They were requested to make a list of the four most important values in order of importance according to their point of view, first individually, then in groups formed by two people, then by 4, and so on, in order to have the chance to discuss about the reason why they consider a value more relevant than another one. All participants took part in the activity showing interest, the first debate gave the cues for the final discussion which involves all participants. Everyone explained his view, many disagreements occurred about the importance to be given to the various values. Considerations such as passion, commitment, team spirit, fun, health, discipline, respect and honesty have been stated to be among the most important values we should focus on.

According to the participants it was very difficult to find a common point of view to decide what the order of importance of the values is, even if in general they agreed on which ones are the most relevant. The participants reached a common list of values putting them in order of importance and giving a definition of each one of them:

- **honesty:** It is about telling the truth, correctness, fair-play and respecting the rules;
- **respect:** equality of humans, in the field everybody is equal, to treat each other with respect, considering everybody at the same level, follow the rules;
- **self-realization:** be inclusive and be included, learning to be competitive, develop your entrepreneurial skills;

- **team Spirit:** share the same values, caring each other, having the same goals, help the other members of the team, make the others feel secure;
- **fun:** It is the soul of the activities, it gives motivation, it is passion;
- **health:** the first step for everything, mentally and physically;
- **commitment:** willingness to succeed, it's contained in the other values, to commit in respect, in honesty and so on;
- **passion:** You can keep going on, it's a reason to continue;
- **discipline:** Methods to reach your point, your goals.

2nd Session



The second session of the day was dedicated to an overview of the main International Sport Organisations and their effort to spread sport values among youngsters, athletes and people involved in sport in general. The presentation (**Power Point: Sport Values in International Sport Organizations - Gregory Bonfils**) has been made by Gregory Bonfils, sport events expert with a considerable work experience in the field, he has always worked in International Sporting Events since 2000: Cycling Tour de France (1998-2002) IAAF World Athletics Championships (Paris 2003) Olympic Winter Games (Torino 2006) Asian Games (Doha 2006) Rugby World Cup (France 2007) UEFA Champions League Final (Athens 2007, Cardiff 2017) EURO 2016 (France 2006).

3rd Session

The first part of the afternoon was dedicated to sport values in school sport, Andrea Delpin run the session. The Emeritus President and member of the board of ISF through his presentation (**Power Point: International School Sport Federation - Presentation - PDF**) gave to the participants an overview of what International School Sport Federation is, what its aim is and which activities are organized by the entity.



4th Session

The second session of the afternoon was about Sport Values in practice; Ilaria Ingravalle and Giorgia Corradini gave to all participants a summary of the activities organised and implemented by FIDAL with the aim of put in practice sport values. (**Power Point: Ethics in sport -**

Fidal). The representatives of FIDAL described how the organization is trying to spread values in sport through the creation of an Ethics Card which is critical in achieving the aim, since it regulates athletes in regard to a specific sport. The Card is not “static”, but it dynamically evolves together with the rise of new values in today’s society. The Ethics Card is based upon the moral values which contribute to the formation of a person within the sport and his social life:

- **RESPECT:** towards ourselves and others;
- **FAIRNESS AND HONESTY:** which together allow a healthy competitiveness;
- **EACH OTHER’S TRUST:** to favour the respect of others’ opinions like they were ours;
- **INTEGRATION:** helping athletes “group together”, thus supporting human relations;

The **goals** of the initiative are:

- valuing the ethical values of Athletics practiced in Italy;
- raising awareness across the whole sport world on topics of universal reach;
- ensuring that the moral obligations inherent in Athletics practice are supported by everyone in order to favour and encourage sport;
- addressing all individuals regardless of their sex, race, language and religion.

In particular the beneficiaries and people involved are:

- **ATHLETES;**
- **COACHES;**
- **MANAGERS;**
- **FAMILIES.**

Some of the Ethical Problems in sport used in the workshops set up by FIDAL were used to stimulate the debate among the participants at the end of the presentation. The example given was about a referee who makes a clear evaluation mistake by whistling a free kick. The player in charge of the free kick purposely kicks the ball out of the playing field to be fair towards the opposing team and to also point out the referee’s mistake. The referee then punishes the player with a yellow card. Some of the question that were answered to the participants:

- was the player’s behaviour fair in your opinion?
- did the referee behave correctly by punishing the player who clearly disrespected his authority?
- if you were in the same situation as that player, what would you do?

(Power point presentations and Info material included).

Links:

ISF: <http://www.isfsports.org/> FIDAL: <http://www.fidal.it/>



DAY 3 – 11th of July



Training Participants attended the public event **“Connections - The international volunteering fair”**, organized by TDM 2000 International and TDM 2000.

72 local organizations working in different fields took part to the event; the initiative was addressed to associations of all kinds, cooperatives and social enterprises, committees and informal groups, public bodies, citizens. The network meeting aimed to allow the

participating representatives of all associations to meet and establish new partnerships in an informal and dynamic atmosphere. During the day the organisations had the chance to take part in some thematic workshops with the aim to know more about specific topics such as migrants, non-formal education, human resources management, environment protection etc. furthermore they had also the chance to meet the organisations involved in the different fields and to find out which activities every organisation carries out. GETVAL international training's participants presented their own associations sharing info materials and knowing more about local organisations in order to make possible future collaborative partnerships.



DAY 4 – 12th of July



1st Session

The first session of the day concerned the topic of match fixing, the aim was to deeply understand what the phenomenon is about, its causes and consequences. During the session, Mario Beretta (Manager of Youth sector of Cagliari Football Club, former player and coach) and Andrea Contini (FIGC Sardegna - Italian Football Federation, former referee) gave their contribution explaining how match fixing is threatening integrity in sport and in life in general and sharing their personal experiences.

Mario Beretta started his speech talking about his personal experience: "When I was a football player betting on football was illegal, despite this, many people were used to bet in an illegal way, it was called *"Toto-nero"* I remember a resounding episode, in the 70' the police entered in the stadium during a football match to arrest some football players and coaches involved in the illegal practice of betting on football matches.



To fight the bad practice, betting was declared legal under the supervision of the government. The legality aspects keep being a priority: FIGC promulgated rules to state that all football players are not allowed to bet, in order to avoid the practice of match fixing. It is obvious for all that the rule could be easily circumvented just involving in the practice other people not connected to the world of football.

Nowadays it is an indisputable fact that the key activity to fight the phenomenon is to sensitize children and young sportsmen, educating them to avoid bad practices and embracing fair play values. Cagliari football team, some years ago, promulgated an ethic code addressed to its athletes. The football club has adopted a policy in which is remarked the importance to educate their athletes to make them embrace a honest, healthy lifestyle more than giving them strict rules and related punishments. The education strategy has to involve also coaches and young players' parents in order to be successful. We also try to explain our young players that match fixing can lead them to a very dangerous environment made by criminals, and the consequences could ruin their entire lives. We also remind them that match fixing is not just a bad practice against fair play, but it is a crime, something that can never be associated to sport. I have played as a football player for twenty years and I have never seen any behaviour which could be related to match fixing during this time, nevertheless I cannot be one hundred percent sure it did not happen.

We try to involve also testimonials to support our educational campaign, people who could give with their personal experience a real good example to the youngsters. We are now in touch with a football player called Fabio Pisacane, we asked him to share with the youngsters his experience: few years ago he reported to the police a possible case of match fixing in which some people wanted to involve him, thanks to him the responsables have been arrested. He has recently got a fair play price”.

Andrea Contini followed Beretta's speech with his contribution: "Corruption in sport is a phenomenon that perfectly reflects our society; it is not a phenomenon that can be defined as a way of acting of people involved in a specific sector, but something that is rooted in Italian culture. In the '90s there was a political scandal in Italy, it was found out that many politicians were involved in a structured bribes mechanism called "*tangentopoli*". It is a phenomenon that is not fully considered as deplorable by the majority of people, this is demonstrated by the fact that the people involved in the scandal, after a not too long period of time, came back again to lead their political parties and they have been voted and elected in the parliament again".

Participants of Greece, Romania and Latvia shared their experiences, saying that even in their countries the phenomenon of corruption is widespread and rooted.

Contini continues his speech: "Another Italians' issue is that in sport there is not a culture of defeat, it is experienced by players and supporters as a drama, especially the fans have a bad approach to this theme. This negative approach is an important part of the way of thinking that any way which leads you to achieve your goal is admitted, could be a legal or an illegal solution.

In Italy there is almost the perception that committing a crime is a bad thing not when it is committed but only "if" and "when" it is found out by someone else. I personally witnessed corruption in the sport fields; during my career as a referee I was contacted by a famous local lawyer who, on behalf of the vice president of a football club, assured me that I could achieve the maximum results I could aspire in my work, up to the Italian football first division, in exchange I should have given the favour back, at the right time, when I was asked. Obviously I refused the offer.

In 2006, we all saw the scandal of corruption related to the Italian football world. It was possible to understand that most of the referees were part of a well-organized system to influence the course of the whole soccer championship. Whoever agrees to be part of this system becomes a hostage; the temptation is very strong for some people.

What can the Italian football federation do to make this trend change? Certainly it is essential to work on the education of young athletes, professional players of tomorrow, by building a virtuous path, forming them on the values of legality, honesty and transparency. Sport itself must be considered a training activity, children's families and in particular their parents must be involved in this process.

Sport is an activity that encourages children to do their best, when played in a healthy environment; it happens very often that the abandonment of sports activities goes together with school dropout, according to the statistics. FIGC tries to give visibility to events that represent good practice and promote the fair play value, even at regional level. Recently, a local youth football team was the winner of the fair play prize of the federation for having played a football game setting 9-players instead of 11 in order to ensure numeric equity of players during the game: the opposing team for several health issues only managed to have 9 players available that day. The message that sport is an aggregation and participation moment must be promoted".

Participant's question: "Have you ever experienced during your career as a referee that a match was combined between the two teams?" "Absolutely yes, many times, I remember once, I was doing the referee in a football match, some minutes before the match started two players came to me and said: "We want you to know that this match has been already fixed, all the players of our team know and agreed

that our team will lose today” at the end the match finished 1-1 that day, one of those two players who did not agree with combining the game, scored a goal during the very last seconds. I asked them to report with a written declaration what they had told me before the match but they absolutely refused to do that”. Several other examples were given to the participants. Participants contributed to the discussion by introducing numerous examples of corruption in sport in their countries.

2nd Session

The second session of the morning concerned doping, Giampiero Cortis, chemistry doping expert presented his power point (**Power Point: Doping - Giampiero Cortis**) to make participants understand better what doping is and its consequences on athletes health.



3rd Session

The session of the afternoon continued following the same path: “How to tackle doping with youngsters?” Giorgia Corradini e Ilaria Ingravalle, representing the Italian Athletic Federation, shared information on how FIDAL through its programmes fights against doping, sensitizing youngsters, promoting adoption of a healthy lifestyle and fair-play. (**Power Point: Fight against Doping - FIDAL**)

- **youngsters involved:** around 6.000 people;
- **tools used:** questionnaires to understand what is the perception the target group has on the topic, stimulating them to think about the issues related to doping taking in consideration hypothetical cases.

After the presentation a debate about what can be considered doping and what cannot is opened among the participants. Some of the questions used by FIDAL during their workshops addressed to children are used to boost participants to go deeper into the topic.

- who is supposed to be blamed for the use of doping? Athletes, federations, coaches?
- why also amateurs take doping?
- is the doping test supposed to be announced in advance to the athletes?

(Power point presentations and Info material included).

Links:

FIGC Sardinia: <https://www.figc-sardegna.it/>

Cagliari Football Club young sector: <http://www.cagliaricalcio.com/news/giovanili>

WADA quiz: <http://quiz.wada-ama.org/>

WADA Teachers' toolkit: <https://www.wada-ama.org/en/resources/education-and-awareness/teachers-tool-kit>



DAY 5 – 13th of July



1st Session

The all sessions of the day were about threats to integrity in sport, the first session focused on discrimination and violence. Alberto Arioli representing "Comunità Nuova" as Coordinator of the project "Tifo Positivo" (Support Positively) and Gloria Corgiolu representing Fondazione Giuliani, as coordinator of "Coppa Quartieri" project introduced the topic describing the activities their organisations implement to raise awareness among youngsters and their families about the importance to fight discrimination and violence in sport and in life in general. **(Video: Coppa Quartieri video - Comunità Nuova)** [Comunità Nuova](#) is a no profit organization established in Milan in 1974, its main target groups are youngsters, migrants, and people with fewer opportunities. Through a programme developed for students, implemented in many different schools all around Italy many workshops have been already carried out. Using tools like video they introduce the topic of discrimination in sport, making youngsters share their emotions, and possibly personal experiences; through debates and conversation they make them understand the importance of values such as tolerance, inclusion and respect.



A campaign to promote the values of sport has been launched by the organisation; several testimonials (sport athletes) cooperate with the organisation to give the children good examples to follow, fighting racism and discrimination.

"Tifo positivo" is a programme organised by [Fondazione Giuliani](#) which aims at teaching on values and respect that must be a characteristic feature when supporting sports teams, beneficiaries are children and parents together.

"Coppa Quartieri" is a sport tournament, set up as an after school activity. The value the activity would like to promote is Fair-play. Children play sport in mixed teams (girls, boys, people affected by disabilities). Elements taken in consideration to declare the winner of the tournament are not

just games 'results and athletic performances, the most important criteria to win is to show respect to the opponents and being inspired by the fair play value.

A video was shown to the participants, divided in group they were request to identify all the possible forms of discrimination seen in the short movie. A debate was then opened. The activity was an example of how the organization tries to involve children during the antidiscrimination workshops they implement in schools.

2nd Session

The second session of the day was about “Other threats to integrity in sport: Racism”. Ken McCue, Co-founder of [Sport Against Racism Ireland](#) (SARI) and visiting lecturer on the FIFA Master in De Montfort University, Leicester, UK, run the session. **(PDF: SARI - Sport Against Racism Presentation - Ken Mccue).**

Brief description of the refugees’ situation in Ireland: at the moment, according to the updated statistics the migrants are 17% of the total population of the country (4.75 millions). Religious aspects were stressed as a problem creating division and discrimination among the population.

The main aim of the organization is to fight racism promoting social inclusion through sport programs: Soccer, cricket, softball, baseball and other sports are the tools used to unite people, fostering participation to social life, respect of different cultures and religions (Catholics, Protestants, and Muslims). The organization is funded by FIFA, Children Foundations, private people.

Some of the priorities of SARI:

- to promote Social Inclusion of people coming from different countries;
- to guarantee the right to practice sport for women and girls of every religion; (Program for Muslim women);
- to involve kids in the activities to fight prejudices and racism.

The target group of the activities is formed mainly by youngsters. The organization works to guarantee migrant kids the right to do sport, both fighting discrimination because of their skin color and supporting them economically, especially those who could not afford because some sport activities are too expensive.



During the world refugees day a sport tournament is usually organized to celebrate diversity, during the celebration there is the opportunity to have mixed teams, people with different religions, different cultures and background are involved in the sport activities.

3rd Session



The first session of the afternoon followed the others continuing discovering more about the same topic: “Other threats to integrity in sport: Racism”. **(Power Point: Red Cross - Inclusion for migrants through football)**. Francesco Seguro, president of Youth Red Cross Sardinia, coordinator of football for refugees, presented the activities implemented by the organization: “Red cross is involved in the first and second aid provided to migrants who came to Sardinia. Among all the migrants, we deal also with unaccompanied minors, through the management of a second reception center, organized in order to cover their specific needs”. Some of the refugees living in the center attended the meeting, all of them are from Ghana. They shared their experiences as beneficiaries of the sport activities implemented by Red Cross Sardinia.

Francesco Seguro: "We think that sport is a very effective tool we can use to promote refugees' social inclusion in our society. As Red Cross, we organized several soccer tournaments where the youngsters could play their favorite sport, at the beginning we started with trainings to make cohesion in the group, to make them understand how important team work is.

Our team won the tournament, we are very satisfied of the aims we achieved through sport, above all because we saw a big change of the players' behavior, all of them were playing individually at the beginning, they understood day by day that they could win just if playing all together as a team. The main challenge for red cross educators was to make them understand the risk to have wrong expectations: all of them are dreaming to become professional football players, obviously it is a nice dream, anyway as educators we have also to help them to face the reality, supporting them and helping them to understand that their dream may not become true".

4th Session

Also the last part of the day "Other threats to integrity in sport: Discrimination" was dedicated to threats to integrity. The responsible of the session was Amina Moustafa of SARI - Sport Against Racism Ireland, Youth Leader and Coach with the Hijabs and Hat Tricks program of SARI, Ambassador of the "No Hate" movement. The session took place in the Hostel's courtyard; several non-formal education activities related to sport have been implemented during the session:

The session started with a brief introduction of the games part of the anti-discrimination workshop, all the participants were requested to give a definition of homophobia, sexism and racism; the participants identified some practical examples to better understand their perception of the different kind of discriminations.

1. First game:

- **Rules/description:** everybody holds a t-shirt, one person of the group chases all the others trying to grab and steal the t shirts they are holding; when the chaser manages to steal a t-shirt, the person who was holding it becomes a chaser. The game ends when all the players become part of the group of chasers except just one person who is still holding the t-shirt, this person is the winner of the game.
- **Aim:** The meaning of the game is to foster team building making all the participants helping one another to achieve the same aim. The game is also a representation of how discrimination could work: at the beginning can be just one person going against you, but others could join this person till you end up alone against a group.



2. Second game:

- **Rules/description:** All participants stand in a circle holding their hands, only one person stands outside the circle. A person part of the group in the circle is the target of the other person standing outside: He/she has to chase and catch him/her, meanwhile the rest of the group has to protect and save the person part of the circle, continuing holding their hands and moving according to the directions the chaser runs.
- **Aim:** The game is about improving communication, teamwork and generally about solidarity.

3. Third game:

- **Rules/description:** The participants are divided in two teams, two captains, one for each team, are elected; the game is basically similar to handball with a special rule: all the players cannot pass the ball to the captain of their team; obviously the two captains are not aware of the rule.
At the end of the game the secret rule is disclosed to the two captains; the two of them are requested to share their emotions and feelings they had being excluded during the game. The teams were asked how they felt being forced to exclude the two captains.
- **Aim:** The game was about understand how discrimination works.

4. Fourth game:

- **Rules/description:** The participants are requested to play a football game, before that, all together they decide the rules of the game; there is no referee during the game.
At the end of the game the participants do a kind of self-assessment, they evaluate which team respected more the decided rules, what could have been done better; they explain why they were not able to respect some of the rules. The winner is not just the team that performed better during the game but the one that played taking more in consideration and respecting the fair play values.
- **Aim:** The game aims at improving fair-play in sport.

(Power point presentations included).

Links:

Workshop Video Comunità Nuova "Due piedi sinistri": <https://www.youtube.com/watch?v=Slv8Wrvn7KY>

Comunità Nuova: <http://www.comunitanuova.it/>

Awareness Campaign Comunità Nuova, no racism: <http://www.tweetoffracism.it/>

SARI: <http://www.sari.ie/sport-against-racism-ireland/>

Videos SARI: <https://vimeo.com/168411599> <https://vimeo.com/168408990>

Red Cross Sardinia: <https://www.cri.it/sardegna/contatti>



DAY 6 – 14th of July



1st Session

The morning of the 6th day was dedicated to a special meeting: the training hosted a celebration during which a local school was awarded by two members of the European Parliament: The school Bacaredda-Atzeni has recently won the contest "#IES: I, Europe and Sport", 12 Bacaredda-Atzeni students have made a short video on the sport values. Winning the contest allowed a representation of 24 students of the school to participate in "Euroscola 2017" an event which took place on March 30th in Strasbourg, attended by about 600 young people from various European Countries. All the students, winners of the contest in their own country, simulated a plenary assembly of the European Parliament. Guests of the Italian Presidency of the European Parliament together with the students of other 27 states, Bacaredda-Atzeni represented Italy and Sardinia a few days after the 60th anniversary of the Treaty of Rome (March 25th, 1957) which declared the birth of the European Union.

They attended the meeting besides the participants of the GETVAL international training and a representation of teachers and students of the prize winner school, different guests and speakers:

Federico Gaviano, facilitator of GETVAL training, started the meeting. Brief presentation of GETVAL project, training, and prize winning school. Presentation of speakers:

- Yuri Marcialis: Councilor for Public Education, Sports and Youth Policy;
- Laura Caterini: Assistant to the Information Office in Italy of the European Parliament;
- Andrea Ferrara: Italian National Agency for Youth;
- Mauro Miceli: EUPA (European Union Programs Agency - Malta);
- Angelica Perra: President TDM 2000 International;
- Antonio Martis: Interpreter;
- Renato Soru: Member of the European Parliament.



Yuri Marcialis, Councilor for Public Education, Sports and Youth Policy: "The award of this prize is part of a sport promotion campaign that the city of Cagliari has been pursuing for a long time, the prize awarded to the school also fully honours the title recently assigned to Cagliari "European City of Sport 2017". The ongoing initiatives have seen not only the construction and upgrading of sports infrastructures, but also the promotion of a public awareness campaign aimed at promoting the practice of sport and a widespread sport culture not only in the agonistic field, but as a recreational practice that every citizen should pursue to maintain a healthy lifestyle. The spread

of sport culture means a better life for everyone, healthier, reducing diseases and consequently lower public health expenditure. Congratulations to the students who have been dedicated and committed to the realization of this video".

Laura Caterini, Assistant of the European Parliament's Information Office in Italy assigned the prize to the school on behalf of the member of the European Parliament Salvatore Cicu, who could not attend the meeting due to institutional commitments.

All the event's participants watched the video which was awarded with the EU prize.

School representatives thank Europe Direct and the Municipality of Cagliari for the support received during the preparation phase for participating in the contest.

Italian and Maltese Youth Agency (Andrea Ferrara and Mauro Miceli): "The Erasmus + program offers many opportunities to use sport as an educational tool, representatives of organizations are encouraged to give suggestions in order to improve the program. All program funds must be spent; all actors working in the field are stimulated to build new alliances and partnerships in order to send new project proposals. During the last meeting held in Malta on the sport program, some of the aims of the program have been highlighted: fighting radicalization and extremism, stimulating the inclusion of disadvantaged people".

Angelica Perra, TDM 2000 International President, talked briefly about the Get Addicted to Sport Values project. Presentation of the representatives of the partner organizations of the project present at the training.

Renato Soru, Member of the European Parliament closed the event with his speech: "According to the EUROPE 2020 strategy, we all should aim at making a more sustainable Europe, environmental issues must be a priority, we have to consider the next generations as people who landed us the world we are living right now.

Sport should be considered as a tool to foster inclusion, cohesion and friendships among people. Every single activity we implement in this direction could be considered just a small water drop, despite this, we all know ocean is made of millions drops, all together we can make the difference.

These funds granted by the European Commission to implement project at local, national or regional level without any intermediary are a resource we cannot miss, they represent 40% of the total funds available allocated by the European Union".

2nd Session

Recommendations:

The session of the afternoon has seen the effort of the training participants, trying to understand what recommendations should be sent to public and private Institutions; the aim is to stimulate institutions to provide a ground which could guarantee all the organisations involved in the field to work better.



Participants were divided in three groups; each of them had a thematic area: Formal Education, Non Formal Education, and Sport Institution.

Each group had to identify the priorities which will be included in the recommendations.

Formal education:

- to do research in the field, involving schools, with the aim to find out what is known of sport values, furthermore involving parents and coaches;
- develop and implement Trainings for educators, teachers, parents, coaches and other family members in general;

- sport values taught to kids since the time they attend the nursery and putting this topic in the curriculum;
- partnership with non-formal education providers like organizations or youth centres and sport institutions;

- use role model people such as Paralympic athletes, make them participate in the classes to raise awareness of young people on the topic;
- delivery of class in a mix way, class of sport in English, adding a theoretical part about sport values, use of new technologies, mobile games, devices, video to make it more understandable and captivating for youngsters; audio-visual material is a very important tool to make them remember the basic elements of the classes;
- national sport day in every country, involve all the kids in sport activities, including activities to promote sport values;
- use of focused methods in the activities implemented: games with a meaning, use sport to make young people understand values of sport and values of life.

Sport Institution:

- reach the grassroots level: local ambassadors have to be trained in order to reach every local young person; sport federations have to provide a toolkit and info material in general about the topic; info should be disseminated from the federation to grassroots;
- promote experience sharing: transfer of knowledge after every sport event, developing documentation stating what was going wrong what could have been done better. Info and suggestion going from down to top to promote new good actions and to improve the ones already implemented;
- develop of Charters: sport federations have to promulgate values Charters. Quiz promoting the sport values should be used to promote a new attitude; develop a certificate of value and make it a compulsory element to attend each sport event, like a medical certificate;
- encourage mix events: family sport events with parents and children, promoting activities for children and parents.

Non-formal education:

- youth pass recognition; youth pass has to be recognized as part of the CV, competences acquired through non formal activities have to be considered as competences acquired in formal education field;
- including non-formal education in formal education: non-formal education activities should be part of the classes implemented in formal education path; the activities must be structured and compulsory; formal and non-formal education should complement each other;
- EU should be the most important actor in the implementation of a mixed and cross-sectoral strategy, making formal and non-formal education part of one and only education system.

Links:

Video winner of the EU award: <http://www.geometribacaredda.it/psw4j/index.php/docenti-e-ata/proposte-didattiche/1737-vittoria-del-bacaredda-atzeni-al-concorso-ies-io-l-europa-e-lo-sport>

Video Non-formal education in sport: <https://www.youtube.com/watch?v=f1yWSePMqsk>



DAY 7 – 15th of July



1st Session

The last day of the training was dedicated to the development of tools and practice for sport value-based education. It was the time to get something concrete: What can we practically do to promote sport values?

The participants were divided in three groups to develop three different possible workshops which could be implemented in the countries all the organizations part of the project come from.

A template was given to the groups:

- **Title:** *it should summarize just with few words the activity we want to implement;*
- **Values involved:** *the activity could be focused on just one value or could be aimed at promoting more than one;*
- **Timing:** *time needed to implement the workshop correctly; time has also to be set up for every single phase of the whole activity; in this part could be also explained where the activities are supposed to take place; (total duration of the session should be between 40 minutes and one hour);*
- **Objectives:** *multiple objectives could be reached through the action; they have to be short and clear, basically they have to summarize what it is supposed to be achieved with the workshop;*
- **Target:** *all beneficiaries of the action; number and age of the target group has to be clear; the workshop could be addressed not just to Kids but it could involve also parents, family members, teachers and sport coaches;*
- **Resources:** *in this part a list of all the possible resources needed to implement correctly the action should be included (printer, laptops, flipcharts, projector, balls, etc.);*
- **Activities:** *this is the core part of the project, describe how you want to pursue the objectives, what you want to do practically;*

First Group's Workshop:

- **Title:** GoALL Ball;
- **Values involved:** equality, teamwork;
- **Timing:** 1 Hour and 30 minutes;
- **Objectives:** - to raise awareness on disabilities among youngsters;
- to put youngsters outside their comfort zone;
- to improve their abilities;
- to empower youth and their teamwork;
- to link sport to inclusion and empathy.
- **Target:** youngsters between 12 and 14 years old; 3.000 beneficiaries over EU states;
- **Resources:** 8 cones, 2 balls (special), 8 mattresses, 8 blindfolds;
- **Activities:** 20 minutes match: one team vs one team, 2 players vs 2 players, 2 helpers each;
<https://www.youtube.com/watch?v=DFZYVPxU6Rs>
Final evaluation: players + observers.

Discussion among the participants, some suggestions are given to implement the game in different ways. Instead of special balls which could be expensive, it could be used a plastic bag, the ball could be put inside the bag to make it have a specific sound when thrown. Instead of just trying to catch the ball using the sound the ball makes, the game could be done using normal balls, the person who has to catch the ball could move according to the directions given by another team player who can see where the ball is going (promoting teamwork).

Second Group's Workshop:

- **Title:** Mens sana in corpore sano;
- **Values involved:** main value pursued: Health. Other values: equality, respect, trust, inclusion;
- **Timing:** one hour and 30 minutes;
- **Objectives:** - to develop attitudes towards sport values;
- to improve awareness about mental and physical health importance;
- to improve social skills;
- to learn the importance of taking care of themselves.
- **Target:** students: 12 - 14 years old + their parents (40/50 people) + teachers, doctors;
- **Resources:** gym or sport field, PC and video projector, blackboard, medical equipment, balls, seats, water, snacks, first aid kit, megaphone;
- **Activities:** video, headlines for participants, debates in mixed groups, two main sport activities in the same time on choice, health check after and before the exercises.

Participants suggested to implement the activity and the medical check at the same time: while a group is taking part in the sport activity another group can do the medical checks.



Third Group's Workshop:

- **Title:** Discover the Values;
- **Values involved:** self-confidence, equality, respect, teamwork;
- **Timing:** 1 hour;
- **Objectives:** - to shift the focus from the technical side of sport to the values behind all sports;
- to increase awareness and self-confidence;
- to focus on the element of equality;
- to highlight the value of respect as a cross cutting value;
- to understand how sport promote teamwork on and off the pitch;
- to increase the overall wellbeing, psychological, physiological and social.

- **Target:** youngsters 12 - 15 years old.
- **Resources:** stopwatch, small balls, normal balls, rope;
- **Activities:**
 - 1) Time bomb (15 minutes)** The game is about perseverance, a group will be given a ball with following rules
 - ball moves through air;
 - do not pass to the closest player;
 - ball cannot touch the floor;
 - ball must go through a person once. The group needs to complete 10 rounds, when the round finishes they have to try to do it faster.
 Debriefing: was it easy to complete the task? If you had to do it again, what will you change? Why is important to keep going and not give up?
 - 2) E-Ball (15 minutes)** The game is about equality, Exclude the leader and play without his/her help. Debriefing: how did the leader feel being excluded? How did the team feel excluding their leader?
 - 3) Rule game (10 minutes)** The game is about respect, every team sets 3 rules every team has to score. Debriefing: What was the value behind this game?
 - 4) Tug of war (20 minutes)** The game is about teamwork, participants are grouped into 2. A line is drawn on the ground; groups pull the rope to their area, if a player passes the line, opponent wins. Debriefing: Is it important to motivate your group? Do you trust your group? How do you succeed team spirit?

2nd Session

The session of the afternoon concerned "sustainable development as a value", Gregory Bonfils, sport events expert, run the session. **(Power Point: Sustainable development as a value - Gregory Bonfils).**

"Sport is an important enabler of sustainable development. We recognize the growing contribution of sport to the realization of development and peace in its promotion of tolerance and respect and the contributions it makes to the empowerment of women and of young people, individuals and communities as well as to health, education and social inclusion objectives."

The last activity of the training was dedicated to the evaluation: Evaluation Forms were filled by all participants.

(Power point presentation included). Links: Video GoALL ball: <https://www.youtube.com/watch?v=DFZYVPxU6Rs>

Olympic Games Sustainable Development: Video Beyond the finish line: <https://www.youtube.com/watch?v=ISTPIAYOsA>