

Being Active! – Table of common values and instruments





BEING ACTIVE!

SPORTS AS INSTRUMENTS FOR ACTIVE CITIZENSHIP

Project Reference: 603102-EPP-1-2018-1-IT-SPO-SSCP

Duration: 18 months

Programme: Erasmus+

Key Action: Sport

Action Type: Small Collaborative Partnerships

With the support of the
Erasmus+ Programme
of the European Union



Coordinator: SOS Europa



With the support of the
Erasmus+ Programme
of the European Union



Partners:

- “Sveikatingumo idejos” - Lithuania
- Asociación Multideportiva Euexia - Spain
- PROACTING - Portugal
- Asociația Tinerilor cu Inițiativă Civică - Romania

Introduction & general concept of the project



The idea of the project was born thinking about potential of sports activities as tool for promoting active citizenship for young people.

In fact, playing sports is one of human activities the most able to involve people without any sort of barriers, to connect people over their differences, to improve building communities and reinforcing identities. That's why a lot of non-profit organizations, in many field of action, historically use sports activities for reaching their objectives. For example there are organizations that use sports for promoting integration of foreigner people, of immigrants, for improving social inclusion of disadvantaged people, for reinforcing communities, for enhancing quality of life of disabled people, and many other example could be possible to mention.

So, SOS Europa had the aim to create a network of European non-profit organizations with the scope of identifying best practices, instruments and tools for using sports activities and programmes with the aim of stimulate active participation and active citizenship of young people.



Introduction & general concept of the project



So, basing on these premises, essential objectives of the project were:

- developing instruments for stimulating through sports commitment of young citizens in communities life and active citizenship,
- identifying common instruments for improving through sports activities young people attitude to participation in social issues,
- creating a table of best practices, instruments, methods helpful for helping non-profit organizations in facing problems and delicate issues in society (integration and hospitality of migrants and refugees, social inclusion of disadvantaged people, improvement of life quality, etc...),
- creating a European network of non-profit organizations that use sports activities as tools for improving society,
- creating a system of evaluation of results for social and inclusive activities realized through sports projects.

Introduction & general concept of the project

During the project, SOS Europa and its partners, created a path in which their members and volunteers exchanged best practices, experiences, tools through which sports activities have the power to stimulate active participation and active citizenship of young people, to improve the action in social inclusion and in integration of people that suffer the condition of marginalization in society and communities.

At the same time, participants in the project had moments of confrontation aimed to explore new potential ways in the field of sports and active citizenship and social inclusion, reflecting on specific issues linked to the different local contexts but also on the common issues that emerged across the countries involved.

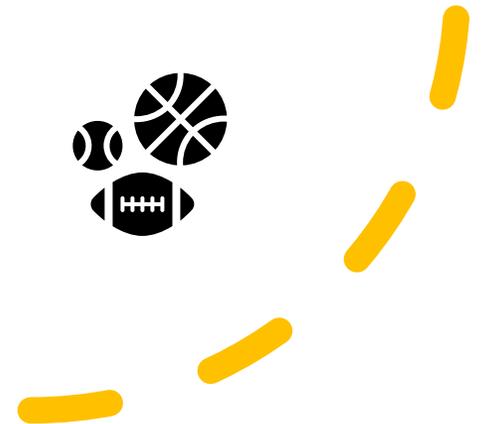
Moreover, the action stimulates participants from each organization to evaluate common values and innovative solutions, imagining new potential projects and possible new ways of cooperation, and to evaluate criteria and methodologies for evaluating the action of non-profit organizations and of social activities through sports.



Being active! Table of common Values and instruments

Themes and contents:

- Values
- Best practices
- System of evaluation



Values

- During the project, participants had the opportunity work together, identifying the values that sports brings and promotes in the Society.
- From the confrontation emerged a series of common values that the non profit organisations in the network share between them.



Top 10 Values



1. Respect
2. Tolerance
3. Community
4. Equality
5. Identity
6. Commitment
7. Teamwork
8. Friendship
9. Fair play
10. Inclusion





With the support of the
Erasmus+ Programme
of the European Union



Best practices



The project gave participants sent by each organization the opportunity to work together as national groups and in team with members and volunteers from the other organization involved.

This approach gave participants and participating organization the opportunity to work on best practices, tools and ideas stimulated by the discussion with people and partners from different countries, confronting common issues and differences, imagining new ideas and perspectives of cooperation.

The exchange of best practices emerged in particular by the concrete confrontation aimed to create potential project proposals for sports project, stimulating participants in putting in common tools, experiences and instruments.



With the support of the
Erasmus+ Programme
of the European Union



Best practices

So, from this exchange, it was possible to identify some best practices, some instruments and methods that can be helpful for helping non-profit organizations in facing problems and delicate issues in society and communities using sports practices as paths and creating sports project, using concretely in this way sports as tools for improving some kinds of situations (e.g. integration and hospitality of migrants and refugees, social inclusion of disadvantaged people, improvement of life quality, etc.).



Best practices and methods for non profit organizations

1. Analysis of the context and of the social issues to face

For realising a good project it is so important starting from a deep analysis of the problem and to analyse how sports activities can be helpful in involving people and having good impacts.





Best practices and methods for non-profit organizations

2. Confrontation with local actors

It is fundamental to promote a good confrontation with actors that already work on the field and on the context of the foreseen action, for finding the best way for using the sports activities in an efficient way, having the power to involve the potential beneficiaries.

Best practices and methods for non-profit organizations

3. Looking at results of possible past experiences in the same context of action

Analysing results of already carried activities and already realised project can give to the action helpful elements for:

- better understanding the context and the community;
- identify positive elements on which continue to work on;
- identify negative situations already realised;
- Identify elements didn't address in the past.

Best practices and methods for non profit organizations

4. To Identify the right sport activity for the right objective

A sport social action is effective when is the right one to face the existing social problem. So, it is important to adapt the sports activities on the needs of the target group of the action. Different target groups could have different needs. For example, working with migrants is different then working with people with mental health disease, and it is different the working with disabled children. In any different case the sports activities have to be the right one for the situation



Best practices and methods for non profit organizations

5. Choosing and adapting the sports activities to the concrete needs

It is important having the flexibility to adapt the sports activities to the contexts and the objectives of the action, being ready to potential radical changes also about the nature of the sports activity. For example, could be important to focus on:

- age of beneficiaries;
- social and economic context;
- psychological and aptitudinal context;
- concrete available instruments and equipment.

Best practices and methods for non profit organizations

6. To evaluate the educational values contained in the proposed sports activities

Each sport activity has its own educational characteristics, for example team sports give some benefits, individual sports have other benefits. So could be really helpful to choose the right one for having the best impact on the target group



Best practices and methods for non profit organizations

7. Involvement

The action is effective when the involvement is the largest possible. So it is important to plan an involvement strategy (in terms of communication, visibility, etc) for involving the right number of direct beneficiaries, since the launch phase of the project.



Best practices and methods for non profit organizations

8. Dialogue with institutions and stakeholders

For maximizing the impact of the action is so important to plan the dialogue with institutions and other key actors in the context (e.g. other non-profit organization): they can amplify the visibility of the project, they can support concretely the project, they can be channels for involving more participants and beneficiaries.

Best practices and methods for non profit organizations

9. Constant Monitoring of the action

It's fundamental to constantly monitor the action, for understanding its development, its risk areas and the possible interventions, for having, at the end of the project, an efficient results analysis.

Best practices and methods for non profit organizations

10. Efficient dissemination strategy

It is important to create an efficient dissemination strategy that will ensure:

- visibility and exploitation of the project results;
- inspirational role to the project;
- repliability of the project where possible;
- promotion of the project and then opportunity to network with other organisations.



System of Evaluation

From the work done during the project «Being Active!» emerged the attention from people involved to considerate the different aspects in the development of a project.

In this way, since the phase of planning, organizations identify methods and elements for evaluating their work and the concrete impact of the project. In sports project these elements are helpful for understanding the real impact of social and inclusive activities realised through sports.

Identify the criteria is important for two aims:

- Monitoring the action during its development;
- Identify the concrete results of the actions.



System of Evaluation

So, through the activities realised during “Being Active!” project, were identified a series of criteria and parameters that contribute to evaluate programmes and results of social and inclusive activities realised through sports project. The systematization of those parameters and criteria, in the partnership point of view, could be an helpful instruments for all non-profit organizations committed in carrying out projects and actions that links sports with social themes and active citizenship.



Criteria and Parameters of Evaluation

1. Effective degree of involvement of the foreseen target groups.

It is fundamental to evaluate, already during the development of the action, the effective dimension of the involvement of the expected people from the chosen target group of the action.

In this way it will be possible:

- To understand if the target group is effectively interested in the proposal;
- To understand if it's the case to improving the strategy of involvement and maybe of communication;
- To understand if the proposed action effectively answer to the identified need.

Criteria and Parameters of Evaluation

2. Effective existence of measurability indicators of expected results in light of objectives of the project or of the action

The possibility to effectively measure the expected results (e. g. in terms of people involved, impact on short and mid-long period, improved conditions, etc.), give to organizations the opportunity to concretely understand the impact of their actions, already during their implementation.



Criteria and Parameters of Evaluation

3. Existence of a concrete monitoring strategy

A well-planned action should be accompanied by a good strategy of monitoring that consent to analyse, already during its implementation, if the activities proposed and realised are reaching the expected results.

In this way it could be easier to intervene and improving the quality of the action.



Criteria and Parameters of Evaluation

4. Effective sustainability of the impact after the end of the project

A good sports project must have the potential to create effects also after its end and to be the basis of future interventions and actions.

Essentially, good programmes produce good results when these results have durable impact

Criteria and Parameters of Evaluation

5. Effective improvement of the non-profit organisations and of the key actors themselves

A good quality sports project or action not only has good impact on the target groups, but should produce as result the improvement of the organisations and all actors that are involved in realising and carrying on the activities (e.g. in terms of improved competences, networking, understanding of the contexts, possibility of create new projects, etc.).



Criteria and Parameters of Evaluation

6. Degree of visibility of the project and its results

A good project or action should have a good level degree of visibility outside the context or the community in which it is realised. In fact, good visibility consent:

- to enter in contact with other stakeholders;
- to evaluate replicability of the action in new contexts;
- to potentially create new projects with wider audience.



Media Gallery



https://www.facebook.com/pg/SOSEuropa2016/photos/?tab=album&album_id=2244719958988706&tn=-UC-R

Video Gallery



<https://www.youtube.com/channel/UCfkX2GpCPEWbHwpaX15jK3w>

Contact

E-MAIL

ba.erasmus.sport.project@gmail.com

WEBSITE

<http://www.soseuropa.it/being-active/>

