Moving-ON

Beyond discriminations, promoting inclusion of Roma, Sinti and Travellers communities in Europe through sport

Educational Toolkit

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MOVING-ON

BEYOND DISCRIMINATIONS, PROMOTING INCLUSION OF ROMA, SINTI AND TRAVELLERS COMMUNITIES IN EUROPE THROUGH SPORT

CERV-2022-EQUAL – PROJECT N. 101084712

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INTRODUCTION

This toolkit has been developed as part of MOVING ON project aimed at promoting sport as a key driver for inclusion within the ***Roma, Sinti and Travellers (RST)*** community. Sport has the unique ability to break down barriers, foster social cohesion, and create opportunities for personal growth and empowerment.

Through this resource, we aim to equip educators, community leaders, and organizations with practical tools and activities to encourage the active participation of RST individuals in sports, while also highlighting the broader benefits of physical activity for social integration, well-being, and equal opportunities.



The toolkit offers a range of educational activities designed to highlight accessible and inclusive strategies. By utilizing this resource, we hope to foster stronger connections between communities, challenge stereotypes, and create lasting change for the RST community through the power of sport.

FIRST ACTIVITY

UNITY ON THE FIELD: PROMOTING INCLUSION THROUGH SPORTS

Objective:
To teach participants the importance of inclusion in sports, highlighting how diversity enriches teamwork and fosters mutual respect.

Age Group:
Ages 10-15

Duration:
1-1.5 hours

Materials Needed:

- Sports equipment (e.g., soccer balls, basketballs, or any other team sport equipment)
- Markers and flipcharts
- Colored wristbands or stickers in different colors
- A list of discussion questions
- Posters or images of diverse athletes from various sports

FIRST ACTIVITY

Activity Outline:

1. Introduction (15 minutes):

- Begin with a brief discussion on what “inclusion” means, specifically in the context of sports. Highlight examples of diverse athletes who have made significant contributions to their sports.
- Show posters or images of famous athletes from various ethnic backgrounds. Discuss how their inclusion has benefited their teams and sports overall.

2. Warm-Up Game (10 minutes):

- Divide participants into small, diverse groups based on the color of wristbands/stickers previously provided.
- Have the groups engage in a quick, fun warm-up activity like a relay race or simple team-building game.
- Emphasize that each team should work together regardless of their differences.

3. Main Activity: Inclusive Sports Game (30 minutes):

- Choose a team sport that everyone can participate in, such as soccer or basketball.
- Before starting, explain that the focus is on inclusion, teamwork, and respect. Remind participants that the goal is not just to win, but to ensure everyone feels valued and included.
- Encourage participants to actively communicate, support each other, and recognize everyone's contribution during the game.

FIRST ACTIVITY

4. Group Reflection and Discussion (20 minutes):

- After the game, gather the participants for a group discussion.
- Ask them questions like:
  - How did it feel to play as part of a diverse team?
  - Did you notice any differences in how your team worked together?
  - How can we apply the lessons learned in this game to other areas of life?
- Encourage participants to share their thoughts and feelings openly.

5. Conclusion and Takeaways (10 minutes):

- Summarize the key points discussed, emphasizing that sports are a powerful tool for bringing people together, regardless of ethnicity or background.
- Provide each student with a handout that includes quotes from diverse athletes on the importance of inclusion and a few tips on how they can promote inclusivity in their daily lives.

6. Optional Follow-Up:

- Encourage participants to create posters or social media posts promoting inclusion in sports.
- Organize a school-wide event or tournament with the same theme, inviting parents and the community to participate and learn about the importance of diversity and inclusion in sports.

This activity not only promotes physical fitness but also instills values of equality, respect, and unity among participants, helping them understand the significance of inclusion both on and off the field.



SECOND ACTIVITY

BREAKING BARRIERS: UNDERSTANDING CULTURAL DIVERSITY IN SPORTS

Objective:
To help participants understand and appreciate the cultural diversity in sports, fostering respect and empathy for different cultural traditions and practices.

Age Group:
Ages 15-18

Duration:
1.5-2 hours

Materials Needed:

- Projector and screen or whiteboard
- Internet access (for video streaming)
- Printed fact sheets on various cultural sports practices
- Poster-making supplies (markers, poster boards, magazines)
- Discussion prompts
- Example videos of traditional sports from various cultures (e.g., Capoeira, Sumo wrestling, Gaelic football)

SECOND ACTIVITY

Activity Outline:

1. Introduction (20 minutes):

- Start with a brief presentation on cultural diversity in sports. Discuss how different cultures have unique sports or variations of common sports, emphasizing the rich diversity these bring to the global sports community.
- Show a short video clip featuring different traditional sports from around the world. After the video, ask participants to share their initial reactions or any sports they found particularly interesting.

2. Cultural Sports Exploration (25 minutes):

- Divide the participants into small groups, assigning each group a different traditional sport or culturally significant sporting practice (e.g., Capoeira from Brazil, Kabaddi from India, Maori Haka from New Zealand).
- Provide each group with a fact sheet about their assigned sport, including its cultural significance, rules, and history.
- Ask each group to prepare a short presentation about their sport, focusing on what makes it unique and how it reflects the culture from which it originates.

3. Group Presentations (30 minutes):

- Have each group present their findings to the rest of the class.
- Encourage participants to include visual aids, such as images, videos, or even a demonstration of their assigned sport.
- After each presentation, facilitate a brief Q&A session to allow other participants to ask questions and engage with the material.

4. **Discussion and Reflection (20 minutes):**
   - Lead a class discussion on the similarities and differences between the various sports presented.
   - Use prompts like:
     - How do these sports reflect the values and traditions of their respective cultures?
     - Why is it important to respect and understand cultural differences in sports?
     - Can you think of ways that exposure to different cultures through sports can impact our perceptions and attitudes?
   - Encourage participants to think about how cultural understanding in sports can translate to broader social interactions.

5. Poster-Making Activity (20 minutes):
   - Have participants create posters that celebrate cultural diversity in sports. The posters should highlight the importance of understanding and respecting different cultural traditions in the sporting world.
   - Provide magazines, markers, and other art supplies for participants to use in their creations.
   - Display the posters around the school to promote awareness of cultural diversity in sports.



6. Conclusion and Takeaways (10 minutes):

- Wrap up the activity by summarizing the key points discussed, particularly the role of sports in bridging cultural gaps and fostering global understanding.
- Provide participants with a list of resources where they can learn more about cultural diversity in sports, such as documentaries, books, and websites.
- Encourage participants to continue exploring and celebrating cultural diversity in their everyday lives, both in and out of sports.

7. Optional Follow-Up:

- Organize a "Cultural Sports Day" at school where students can try out different traditional sports or sports practices from various cultures.
- Invite guest speakers or athletes from diverse backgrounds to share their experiences and insights on cultural diversity in sports.

This activity helps participants appreciate the cultural richness of the sports world and promotes a deeper understanding and respect for different cultural practices and traditions.



THIRD ACTIVITY:

UNITING AGAINST STEREOTYPES: BUILDING AWARENESS THROUGH FOOTBALL

Objective:
To help participants understand the construction of stereotypes, distinguish them from discrimination, and reflect on how stereotypes impact the world of football.

Age Group:
Ages 12+

Duration:
1.5 - 2 hours

Materials Needed:

- Projector and screen (for video examples)
- Flipchart
- Markers
- Post-its
- Pens
- Football equipment (balls, cones)

THIRD ACTIVITY

Activity Outline:

1. **Introduction: What Are Stereotypes? (25 minutes)**:
   - Start with a short video or storytelling session that portrays a real-life incident of a football player facing discrimination based on stereotypes (e.g., a racial or ethnic stereotype about a player).
   - After showing the video, ask participants:
     - What do you think was happening in this scenario?
     - Can you identify any stereotypes?
     - How do you think the player might have felt?
   - Introduce the key concepts of stereotypes, prejudice, and discrimination, clarifying the differences between them.

2. Group Exercise: Stereotypes in Football (25 minutes)

- Divide participants into small groups and provide each group with a flipchart and post-its.
- Write the names of several football nations (e.g., Brazil, Italy, England) on the flipchart.
- Ask each group to write down on the post-its the stereotypes they have heard about footballers from these countries. After they've completed this activity, place the post-its under each nation and discuss them as a group.

THIRD ACTIVITY

3. Practical Activity: Identifying Stereotypes through Football (45 minutes)

- Set up a football dribbling challenge. Set up two goals: one labeled "stereotypes" and the other "discrimination."
- As participants take turns dribbling through the cones, the coach will give them a statement related to football (e.g., "People say Italian players are too defensive").
- The participants then must decide if the statement represents a stereotype or an act of discrimination and shoot the ball towards the appropriate goal (left for "stereotype" and right for "discrimination").
- After each round, discuss the statement with the group and reinforce the differences between stereotypes and discrimination.

4. Group Reflection and Discussion (20 minutes)

- After the practical activity, bring the participants together for a discussion:
  - What types of stereotypes did you recognize?
  - How do you think stereotypes affect football players on and off the field?
  - Why is it important to challenge these stereotypes in football?
- Encourage open sharing of personal experiences or examples of how stereotypes have impacted them or others.

THIRD ACTIVITY

5**. Conclusion and Takeaways (10 minutes)**

- Summarize the key points about the importance of recognizing and challenging stereotypes in football.
- Emphasize that while stereotypes may seem harmless, they can lead to discrimination and exclusion in sports and everyday life.
- Provide suggestions for how participants can help challenge stereotypes on and off the field.

6. Optional Follow-Up:

- Stereotype-Free Zones: Have participants designate areas in the school or local sports field as "Stereotype-Free Zones," using signs and artwork to promote respect and inclusion in all activities.
- Football Podcast or Blog: Encourage participants to create a podcast or blog where they interview peers and coaches about their experiences with stereotypes in sports, fostering deeper discussions.
- Inclusive Coaching Workshop: Organize a workshop where participants design and run inclusive training sessions for younger participants, teaching positive behavior and awareness of stereotypes.

This activity not only enhances participants' understanding of stereotypes but also promotes inclusion and critical thinking. By combining practical football exercises with reflective discussions, participants learn how to recognize and challenge stereotypes, both on the field and in their daily lives.



FOURTH ACTIVITY:

LEVELLING THE PLAYING FIELD: FOSTERING EQUALITY ON THE PITCH

Objective:
To help participants identify different types of discrimination and understand how football can be used as a tool to address and overcome it.

Age Group:
Ages 12+

Duration:
1.5 - 2 hours

Materials Needed:

- football equipment (balls, cones, bibs)
- cards or images representing different types of discrimination (e.g., racism, sexism, homophobia)
- flipchart and markers
- Screen (for video examples, optional)

FOURTH ACTIVITY

Activity Outline:

1. Introduction: Understanding Discrimination (15 minutes):

- Begin by explaining the concept of discrimination, using real-life examples from football to illustrate different types (e.g., racial, gender-based, or disability-based discrimination).
- Show a short video or use storytelling about an incident of discrimination in football (e.g., player facing verbal abuse on the field)
- Ask participants:
  - What type of discrimination do you think were happening in this example?
  - How does it make you feel?
  - Why do you think this still happens today?

2. Group Exercise: Types of Discrimination (20 minutes)

- Place four cones on the field, each labelled with a type of discrimination (e.g., racial discrimination, gender inequality, homophobia, disability-based discrimination)
- Share examples of discrimination one by one (e.g., a female player is not given equal playtime as her male counterparts)
- Ask participants to run to the cone that corresponds to the type of descrimination described.
- After each example, discuss why it is considered discrimination and how it might impact players.

FOURTH ACTIVITY

3. Practical Activity: Scoring Against Discrimination (45 minutes)

- Set up two goals and ask the participants to define rules for a game that would address a specific type of discrimination (e.g., a rule where both genders need to score alternatively or a rule that punishes offensive language)
- Play a short football match where these rules are in place, encouraging participants to observe whether the rules are being followed and whether the game feels inclusive.

4. Group Reflection and Discussion (25 minutes)

- After the practical activity, bring the participants together for a discussion:
  - Was the rule effective in addressing discrimination?
  - Did the game feel more inclusive?
  - How can football be used to tackle discrimination in real life?
  - Have you ever feced discrimination or exclusion in sports or daily life? How did it make you feel?
- Encourage participants to share their tought openly.



FOURTH ACTIVITY

5. Conclusion and Takeways (10 minutes)

- Summarize the key lessons about recognizing and challenging discrimination in football and beyond.
- Emphasize that football, with its universal appeal, can be a powerful tool to promote inclusion and diversity.
- Encourage participants to think of how they can apply the lessons learned to make their community more inclusive.

6. Optional Follow-Up:

- Film Screening and Discussion: Host a screening of a sports documentary that addresses discrimination, followed by a group discussion on how to tackle these issues in real life.
- Equality Pledge Campaign: Have participants create an “Equality Pledge” for their school or community, encouraging others to commit to promoting fairness and fighting discrimination in sports.

This activity not only promotes fairness and teamwork but also helps participants develop a deeper understanding of how discrimination affects individuals in sports. Through football, participants learn the value of equality, respect, and inclusion, helping them foster a more inclusive attitude both on and off the pitch.

FIFTH ACTIVITY:

BRIDGING CULTURES: CELEBRATING DIVERSITY IN SPORTS

Objective:
To promote inclusion, respect for different cultures and teamwork through a fun relay race where participants learn about various countries and customs.

Age Group:
Ages 10-18

Duration:
1-1.5 hours



Materials Needed:

- Cards with questions or facts about different cultures.
- Simple obstacles (cones, jump ropes, hoops)
- Cultural items (small flags, pictures of traditional dishes)
- Colored vests or shirts

FIFTH ACTIVITY

Activity Outline:

1. Introduction: Understanding Cultural Inclusion (20 minutes)

- Begin with a discussion on the importance of cultural inclusion in sports and life.
- Talk about how learning about different cultures can build respect and understanding. Use examples from sports where multicultural teams or athletes have brought people together.
- Present some key concepts about culture and teamwork, asking participants to reflect on their own experiences.
- Show a short video or give a brief presentation highlighting cultural diversity in football or other sports, emphasizing how inclusion promotes respect and unity.

2. Team Formation and Cultural Learning (20 minutes)

- Divide participants into teams, ensuring diversity within each group.
- Assign each team a country or culture they will represent during the relay.
- Provide each team with basic information or handouts about their assigned culture, including fun facts about language, food, traditional dances, etc.
- Allow teams 10 minutes to familiarize themselves with these facts and prepare for the relay, encouraging them to think of creative ways to represent their culture (e.g., decorating their cultural item).

FIFTH ACTIVITY

3. Relay Explanation (10 minutes)

- Set up a relay course with multiple stations that feature both physical challenges (e.g., jumping rope, dodging cones) and cultural questions about the countries each team represents.
- Explain that in addition to completing the physical challenges, each team must correctly answer a question about their culture to advance.
- Emphasize the importance of teamwork: if one member struggles, their teammates can help them overcome challenges and answer questions.

4. Cultural Relay with Symbolic Items (25 minutes)

- Each team carries a cultural item (e.g., a small flag or a traditional object) as they complete the relay instead of a typical baton.
- Teams will run through the course, overcoming obstacles and answering cultural questions at each station.
- Encourage collaboration and mutual support—teammates should work together to succeed in both the physical and cultural components of the relay.

5. Awards for Inclusion and Teamwork (10 minutes)

- Recognize not only the fastest team but also those who demonstrated the most support, teamwork, and respect for cultural differences during the activity.
- Distribute symbolic awards or certificates that celebrate these values, emphasizing the importance of inclusion and collaboration in sports and in life.

FIFTH ACTIVITY

6. Conclusion and Final Reflection (15 minutes)

- Ask each team to share something new they learned about the culture they represented or about another team's culture.
- Facilitate a discussion on how cultural understanding and teamwork played a role in their success and how these lessons can apply off the field.
- Ask the participants:
  - How did teamwork help you during the relay?
  - What new things did you learn about different cultures?
  - How can we apply the lessons of respecting cultural differences to life off the field?

7. Optional Follow-Up:

- Cultural Presentation Day: Teams can prepare presentations about the culture they represented, sharing unique customs, foods, and traditions with the larger group.
- Global Sports Day: Host an event where participants try traditional sports from various cultures, learning about the cultural significance behind these games.
- Cultural Learning Workshops: Organize workshops that delve deeper into customs, foods, or languages from the cultures participants represented during the relay.

This activity fosters respect for cultural diversity while promoting teamwork through a fun, engaging relay. By working together and learning about different cultures, participants develop a deeper appreciation for inclusion in both sports and everyday life.



QUIZ AND GAMES

Quiz Game: Inclusion Quest

Overview:
"Inclusion Quest" is an educational quiz game designed to promote understanding, awareness, and empathy towards social and inclusion. It is perfect for classrooms, workshops, and community gatherings. The game encourages participants to learn about diversity, challenge biases, and embrace inclusion in a fun and interactive way.

Objective:
The objective of the game is to answer questions correctly, earn points, and engage in discussions that deepen understanding of social and inclusion.

Materials Needed:
- Printed or digital copies of the quiz questions and answers
- A whiteboard or flip chart to keep track of scores
- A timer (for timed rounds)
- Tokens or small prizes for winners (optional)

Game Setup:
1. **Participants:** The game can be played individually or in teams of 2-5 players.
2. **Rounds:** The game consists of 3 rounds, each with a different focus: Understanding Diversity, Recognizing Bias and Embracing Inclusion
3. **Scoring: Points** are awarded for correct answers. Bonus points can be given for insightful discussions or additional facts shared by participants.

QUIZ AND GAMES

Round 1: Understanding Diversity

Focus: This round introduces concepts of diversity, cultural awareness, and the importance of different perspectives.

1. Question: What is diversity?
- *Answer:* Diversity refers to the presence of differences within a given setting. It can include differences in ethnicity, gender, age, religion, ability, sexual orientation, and more.

2. Question: Name three benefits of having a diverse team or community.
- *Answer:* Encourages creativity and innovation, Improves problem-solving by offering different perspectives, Enhances understanding and empathy among members

3. Question: What is cultural competence?
- Answer: Cultural competence is the ability to understand, communicate with, and effectively interact with people across cultures.

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4. Bonus Question: How can individuals show respect for others' cultures in a multicultural environment?
- Answer: By being open-minded, avoiding assumptions, asking questions to understand, respecting traditions and customs, and being aware of one's own biases.

QUIZ AND GAMES

Round 2: Recognizing Bias

Focus: This round helps participants identify and understand implicit biases, stereotypes, and their impact on individuals and society.

1. Question: What is implicit bias?
- *Answer:* Implicit bias refers to the unconscious attitudes or stereotypes that affect our understanding, actions, and decisions in an unconscious manner.

2. Question: True or False: Stereotypes are always negative.
- *Answer:* False. Stereotypes can be both positive and negative, but even positive stereotypes can be harmful as they oversimplify individuals and groups.

3. Question: How can we challenge our own biases?
- *Answer:* By becoming aware of them, seeking out diverse perspectives, reflecting on our thoughts and actions, and engaging in continuous learning.

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4. Bonus Question: Give an example of a common stereotype and explain why it is harmful.
- *Answer:* Example: "All Asians are good at math." This stereotype is harmful because it creates unrealistic expectations and ignores individual differences within the Asian community.

QUIZ AND GAMES

Round 3: Embracing Inclusion

Focus: This round emphasizes the importance of inclusive practices and how to foster environments where everyone feels valued and respected.

1. Question: What does it mean to be inclusive?
- *Answer:* Being inclusive means actively ensuring that all individuals, regardless of their background or identity, feel welcome, valued, and able to participate fully in a group or community.

2. Question: Why is inclusion important in the workplace?
- *Answer:* Inclusion in the workplace leads to higher employee satisfaction, increased creativity, better decision-making, and a more positive organizational culture.

3. Question: Name two ways to promote inclusion in schools or workplaces.
- *Answer:* Implementing diversity training programs, Creating safe spaces for open dialogue and feedback.

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4. Bonus Question: What is an ally, and how can someone be a good ally?
- *Answer:* An ally is someone who supports and advocates for marginalized groups. Being a good ally involves listening, learning, amplifying voices of the marginalized, and taking action to support inclusion and equity.

QUIZ AND GAMES

Discussion & Reflection:

After the quiz, engage participants in a reflection discussion. Ask questions like:

- How did this quiz change your understanding of diversity and inclusion?
- What steps can you take in your daily life to promote inclusion?
- How can we create more inclusive environments in our communities?

Closing:

Congratulate all participants and encourage them to continue learning and advocating for social and inclusion in their own lives. Optionally, distribute tokens or prizes to the winning team or individuals.

Extensions:

- Role-Playing Scenarios: After the quiz, participants can engage in role-playing exercises to practice inclusive behaviors in different scenarios.
- Story Sharing: Encourage participants to share personal stories related to inclusion, diversity, or overcoming bias.
- Further Reading: Provide a list of books, articles, or videos for those interested in deepening their knowledge on these topics.

This quiz game is a versatile tool that can be adapted to different age groups and settings, helping to foster a more inclusive and empathetic community.

STORYTIME

The Diversity Web

The Diversity Web is among the best cooperative storytelling diversity activities.

This exercise celebrates the richness of different cultures and perspectives. To play this game, gather a group of players and sit in a circle.

The group will choose a theme or a prompt that highlights diversity, such as “cultural celebrations” or “family traditions.” Each player takes turns contributing to the story.

Players add details that showcase diverse cultures, customs, and beliefs. Participants will try to create a story that embraces inclusivity and understanding.

The game continues until the team feels satisfied with the story’s progression.



CONCLUSION

This toolkit provides a space for exploring social issues such as discrimination, stereotypes, and cultural inclusion, with a special regard to the challenges faced by marginalized groups like the Roma, Sinti, and Traveller (RST) communities.

It gives participants the opportunity to widen their experience through physical challenges and group discussions, with the aim of fostering empathy, cooperation, and social sensitivity. Participants can directly experience the importance of inclusion and teamwork, starting from a young age.

Overall, this toolkit will be a constructive instrument for educators and coaches to promote respect, equality, and inclusion. It empowers participants to think critically about societal norms and equips them with the knowledge and attitudes needed to foster positive change in their communities.



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