

## **CHoG-CHAMPIONS ohne GRENZEN e.V. PILOT TEST**

*"I like to play soccer with others and get involved socially. In a game where many play, it takes one person to lead them in this."*

*"For me, boxing always means exploring and overcoming you own limits, both physically and mentally. As a coach, I think it's great to have these experiences together"*

*"As an Afghan woman I trained as a coach in Afghanistan, After the Taliban took over the country, I was no longer allowed to train, I don't let that stop me from pursuing my passion as a trainer"*

*"Children are especially important to me, so I try to train with them together. Sports is the best way to spend time with kids".*

*(testimonies of some coaches and participants of the CHog pilot test)*



CHoG - CHAMPIONS ohne GRENZEN e.V. has built up an expertise around the needs of women refugees and the LADIES programme, launched in 2014, is specifically tailored for these.

It has overcome multiple challenges to be where it is now, an established group of around 50 women and girls. During the SIMCAS project made it possible to evaluate the existing program and develop new activities.

The pilot test took place in different locations in Berlin, with participants coming from Berlin and surrounding areas in Brandenburg within the local community. Some of the participants live in refugee camps and city suburbs in deprived communities.

The main target were Women refugees aged 15 + with social disadvantaged in relation to a lack of income, migrant status, gender discrimination, racism, religion discrimination, missing social network, psychological stress (trauma, insecurity), linguistic problems, difficult access to education, work and leisure activities.

Following the wishes of the participants, the regular activities of football have also been accompanied by more specific events like excursions, ice skating, cooking together, picnic, climbing, and so forth. The central part of the project is the weekly open football sessions, focussing on fun, fitness and inclusion. This training have been going on for ten years. It was the wish of the participant to discover new sports.

Therefore a weekly open boxing sessions, yoga sessions and roller-skate group were developed.

The project provide refugee women with a way to actively create and determine their leisure time, in contrast to a potential life without perspectives in refugee centers.

The sessions are an easily accessible training opportunity for refugee women without cost and bureaucratic obstacles. Moreover players are engaged in a range of services and social support after every training session. A social worker supports every session. Players can discuss issues out of their everyday lives in a safe space and with people, with whom they feel comfortable.

Qualified and experiences staff provided individual support to refugees by referring them to local football clubs, create a more balanced and healthy lifestyle for themselves, supporting their search for housing, apprenticeships and jobs, assisting with legal matters and referring to suitable lawyers and advising on social activities in Berlin.

“We have developed own methodologies to design a program addressed to the needs of refugees free of charge, without registration, be sensible with language, patience with learner based on fun not on performance”.



[www.simcas.eu](http://www.simcas.eu)

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