

Social integration in and via movement, play and sports

This project was launched by the Swiss Academy for Development (SAD) and the Swiss Federal Institute of Sports Magglingen (SFISM) in 2005. It promotes the integration of children from migrant backgrounds into society by facilitating their introduction to organised sports, and by raising awareness in sport clubs for this target group.

Play and sports can be a good means for social integration. They are characterised by natural movements that facilitate communication and understanding even without a common language. Play and sports can thus help to form social ties and to get recognition. However, for children and youth with migrant backgrounds the access to organised sports is often difficult. To improve their access, activities with public schools as well as with sports clubs and associations are necessary. Therefore, the project strives to establish a bridge between public schools and organised sports.

Project aims

- The promotion of social integration by the special means of movement, play and sports in the field of public schools and organised sports.
- The sensitisation and assistance of teachers and sport coaches by developing a manual.

Project activities

Work started in 2005 with a pilot phase in Biel. Showing great interest and enthusiasm, pupils of three classes tried out different sports and activities in school and at local clubs and associations. One of the teachers who participated stated: "It's not only important for children from foreign cultures, but also for Swiss children. Sport clubs are a good opportunity to find and make friends." The children became acquainted with different types of sports, made contact with other children, and overcame their inhibitions by means of positive group experiences.

The results of this phase were compiled into a manual for teachers and sport coaches. In a next step, in 2006 the general practicability of the manual was



tested with several partner schools and sports clubs in Switzerland. The manual will now be supplemented with their experiences. After the publication of the manual by midyear, the project will be continued with a research of the effects of the implemented approach, with course programme for teachers and sport coaches and with promoting networking and exchange of projects with similar aims.

Target group

Children and youth with migrant backgrounds, teachers, sport coaches.

Region/Country

Switzerland

Duration

January 05 – March 09

Partner

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