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**STEADY**  
SPORT AS A TOOL FOR EMPOWERMENT  
FOR (DIS) ABLED DISPLACED YOUTH



Hellenic  
Paralympic  
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## CONTACT

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# STEADY Project

Sport as a Tool for Empowerment  
of (Dis)AbleD & Displaced Youth

# Background

The majority of disabled people face poverty and discrimination. However, disabled refugees face double vulnerability: "They are among the most marginalized in an already disposed group" (Refugees International, 2003).

The unique ability of sports to transcend linguistic, cultural and social barriers makes it an excellent platform for strategies of inclusion and adaptation. Furthermore, the universal popularity of sport and its physical, social and economic development benefits make it an ideal tool for fostering the inclusion and well-being of persons with disabilities.

The STEADY Project aims at increasing sports participation of Displaced Youth with Disabilities (DYD) by promoting volunteering and equal access of refugees & migrants with disabilities to organized Paralympic sports and grassroots sport.

The STEADY Project has selected its partners in a way to assure the highest quality performance. Sport organizations with deep and long knowledge in disability sports (Agitos Foundation, Hellenic Paralympic Committee, Serbian Paralympic Committee, Play and Train), organizations with long and extensive experience in social inclusion and social minorities policies (Vienna Institute for the Development and Cooperation), organizations with strong background in disability inclusion policies (Attivamente, Centro Social de Soutelo, Footura) and organizations with expertise in evaluation of social projects' impact and social value (Equal Society). Each partner has an interdependent role which brings the unique input to the project.

The STEADY Project has a duration of three years (2019 – 2021) and is funded by the Erasmus+ Sport program of the European Commission.

# Objectives

- Develop a wide Network of Promoting Equal Opportunities of Young Migrants and Minorities with disabilities in Sport.
- Involve Refugees with disabilities to a greater extent in the promotion of "sport for all" in cooperation with sports organizations, especially in order to reach a younger population and reduce intolerance and discrimination;
- Involve social sector and national human rights institutions to a greater extent in combating discrimination in sport, promote their co-operation in running awareness-raising activities, and authorize these bodies to participate in legal actions brought to improve access to sport for all
- Showcase best practices from across Europe at international, state and local level
- Present how Paralympic committees, Sport Federations governing Paralympic Sports & NGOs can use sport as a tool to cultivate tolerance and social inclusion sharing expertise between relevant stakeholders at international, national and local level.

# Methods and Activities

## 1. Study Access / Baseline Study

Each Partner will conduct research in national level in order to evaluate the accessibility level of DYDs in sports, their opportunities to socialize and promote their well being through sports, the barriers they face in their attempt to participate in sport programs and other related factors to their overall sports engagement. Results and conclusions of the baseline study will determine the goals and the content of the following activities and outputs of the project.

## 2. Capacity Building

The STEADY Project will build capacity on the involvement of Displaced Youth with Disabilities (DYD) in sports. An innovative training tool to increment awareness, capacitation and training of team leaders, supervisors and health professionals will be created. For this purpose a Recommendation Manual and a Handbook will be developed and disseminated to all organizations, professionals and volunteers working in the field of sports and/or refugees' structures in order to encourage youth displaced with disabilities to gain real-life perspectives

## 3. Pilot Actions and Network Building

All partners will organize a number of pilot actions that will aim at organizing and studying techniques and practices for the enhanced participation of DYDs in sports. Pilot actions among others, will include:

- locate and engage DYDs in disability sports programs.
- Participation of DYDs in the European Week of Sports and a STEADY Action Week that will be organized in 2021
- implement grassroots actions for DYDs
- train ambassadors from voluntary or/and sport organizations to use sports as a Tool for Empowerment of DYDs and to present to ethnic communities the opportunities for DYDs to interact and join sport activities,
- organize round tables/ workshops that will promote the opening and the coordination of innovation programs to local and national authorities and donors.
- run a media project that will support the integration of DYDs in sports.

## 4. Policy recommendations and results dissemination

The results of the STEADY Project's studies and activities will be used in order to develop a report including policy recommendations for enhancing the potential for refugees and migrants with disabilities to get involved in sport programs throughout Europe. The policy recommendation will be simply written policy advice prepared for stakeholders that have the authority to make decisions, whether that is a policy maker, European Council, International Paralympic Committee or other body active in the field of disability sports and/or social inclusion.

## 5. Project Website and Social Media Channels

The STEADY Project website will feature news, project's findings and updates, such as reports, policy briefs as well as opportunities for collaboration, e.g. events announcements, workshops and training sessions. Tools and guidelines that will be developed in the context of the SIMILAR project will be also available on the website in downloadable format. As the development of networking and an expanded stakeholder list is one of the main goals of the project, the STEADY Project uses instagram, facebook, twitter and linkedin to serve its dissemination and networking purposes through the use of these social media channels.



# Expected results

- Increase networking and sharing of best practices among European & national sport stakeholders how to pro-actively involve refugees and migrants with disabilities in and through sport
- Greater awareness and knowledge about appropriate methods among sport administrators how to counter the social exclusion of refugees and migrants with disabilities in their associations or clubs
- Learning from paralympic sports organizations and transfer of knowledge to other sports on mainstreaming intercultural action and equal opportunities' policies
- Empower and capacity-build sport clubs and sport federations to support initiatives including refugees and asylum seekers in order to participate in regular paralympic sports competitions.



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