

# Physical activities promoting inclusion and integration among young immigrants and refugees



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# Etelä-Savon Liikunta ry / Southern Savo Sports Federation

## Southern Savo Sports Federation



- A non-governmental sports federation
- A member of the fifteen regional organizations of Finnish Sports Federation (FSF)
- Founded in 1998
- Serves as an umbrella organisation for all of its members
- 120 member organisations in Southern Savo
- The values: the forerunner, the joy of sports, team game, Southern Savo, effectiveness
- The mission: Live your life with Sports
- The vision: to do Southern Savo the most livelist county in fysical activity area

## Target groups

- young immigrants and refugees

(how to get to target groups in a most effective way?)

WHO was involved?

- Community educator students
- Language teachers
- Other professionals

	Target groups	Spring 2017	Autumn 2017	Spring 2018
	Immigrants and refugees	89	49	47



### Goals and objectives:

With culture of experimentation use physical activities as a tool for successful integration.

To encourage and challenge participants to produce own ideas for more HEPA in their daily life.

## Process of planning was complex in order to involve all parties.

### Advantages:

- Different perspectives
- Different professionals
- Clear goals and objectives
- Good time frame

### Disadvantages:

- Language barriers
- Cultural background
- Schedule



# TOGETHER

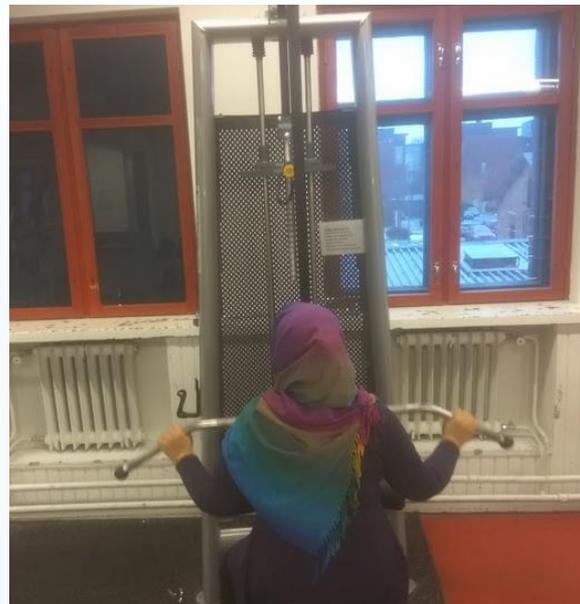
Culture of experimentation



Idea competition

<https://www.youtube.com/watch?v=pxcCx-pfsj0>

# ACTION



<https://www.youtube.com/watch?v=kEHMfVRWYts>

Getting to know local sport facilities, sport clubs, local people, traditional sports and games, testing own ideas, finding new way to experience joy of sports.

## Key to achieving objectives:

- Consistency
- Planning and implementing together
- Inclusion
- Exploring
- Trying

= Culture of experimentation

## Results:

- Participants experienced joy of sports
- Positive feedback from all parties involved
- Real life experience for students
- Cooperation (learning from each other)
- New gym groups
- New sport club members
- More active life styles
- New ideas
- New friends
- Knowing local environment and facilities better
- New hobbies

## Future:



Villages on Move



XAMK  
Kaakkois-Suomen  
ammattikorkeakoulu

Villages on the Move Network project



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# Any questions?



# Thank you for the attention!