

!FALL
Integration För Alla



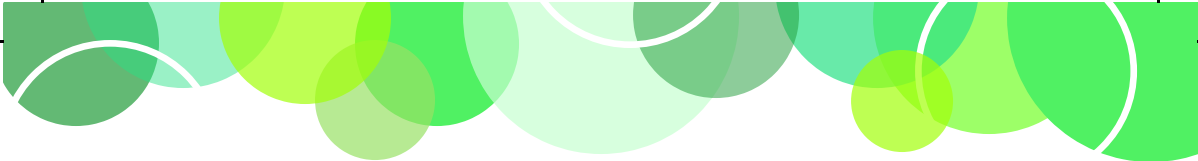
Città di Mazara del Vallo



Sport as a Tool for Integration and Social Inclusion of Refugees



Erasmus+



Co-funded by the
Erasmus+ Programme
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ABOUT THE PROJECT

WIN WIN Project aims to **promote and empower refugee's individuality through sports** and **eliminate gender barriers and segregation** towards the participation of young people, adults and their families in certain sports. It aspires to **support refugees' integration and social inclusion within their local community** by bringing together local expert sport organisations across three European countries, **England, Italy and Sweden**, each playing an important role in the refugee crisis.

AIMS OF THE PROJECT

Refugees are often put together as one homogeneous group; However, it is clear they are **all diverse human beings with individual needs and interests**. This project is open for both genders and diverse cultural target groups so that participants have the possibility to **try new sports** and express themselves, and having their **self-perception and confidence empowered**.

The project attempts to **increase gender equality and social inclusion within sports** due to current discrimination and prejudices. With the increase of diversity within the target groups, youth workers require **further training** within each partner country to become more aware of the target group. It aims to use **different practices and methods and share them** between partner countries of the project.

Moreover, sports opportunities for refugees and asylum seekers can often be limited to football.

This project aims to give young people an opportunity to **try and actively participate** in a range of sports and outdoor education activities **either not currently offered or not easily available to them**, such as lacrosse, canoeing, equestrian vaulting or scuba diving. WIN WIN project partners aimed to **spark positive changes** for both local refugees and communities to understand and learn from each other **through the universal tool of sport**. We believe that our project can contribute to decrease the fear and uncertainty and demystify the mutual stereotypes and hence contribute to the **development of the communities** and generate **a positive understanding** between the people that live in them.



In the second week of April, IFALL hosted the **sensitization training “Gender and Interculturality in Sport”**. The training attempted to **increase gender inequality awareness and social inclusion within sports using different practise and methods**. With the changing target group of young people and increased diversity, Youth Workers require further training to become more aware of the target group.

Youth workers and trainers worked together to identify **potential challenges** that may arise in a **multicultural environment** in the context of sporting events. We asked ourselves what could possibly prevent a successful integration within sports and what can lead to inclusive sports activities?

Age of participants, language barriers, different rules, psychological issues due to long asylum process are among the issues we discussed about and tried to **find possible solutions to**. Divided into groups, we focused on four major issues: **competiteveness, gender, language and self-esteem**.



Project kick off meeting between project coordinators occurred in Örkelljunga, Sweden, February 2018



Youth workers and sport leaders from all the partner countries during the Sensitization Training “Gender and Interculturality in Sport” occurred in Örkelljunga, Sweden, March 2018

LANGUAGE

- at the beginning of the activity, rules and aims of the game should be presented in participants' languages;
- **choose to arrange activities that don't need language that much, for ex. group dynamic activities;**

A workshop moment during the Sensitisation Training.



COMPETITIVENESS

- importance of team building approaches and to set a common goal
- ensure to give equal time to everyone to play

GENDER

- **to have female leaders in activities;**
- to arrange a sensitization training for different genders and families;
- give time to socialize, and manage to bring families;



Youth workers and coaches had the chance to test a floorball activity during the Sensitization Training.

SELF ESTEEM

- **to differentiate groups by level of game ability and/or level of self-esteem;**
- leaders should explain terminologies so that everybody has the resources to understand and express themselves;

VOLLEYBALL

PARTNERS:  

HOW DOES A VOLLEYBALL MATCH WORK?

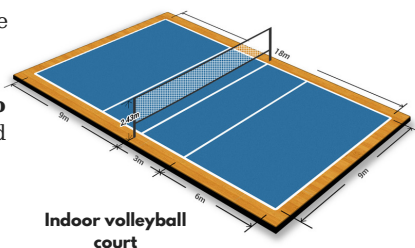
In volleyball there is a system called **“the best out of five games”**, which means who wins three games first is the winner of the game. On junior level games can be also **“the best out of three”**, which means you have to win two games to win the match.

Volleyball players are **six on the court** and a match works through **rotation**, which means players rotate on the court after each **“sideout”** (when team wins ball after the opponent’s serve) - therefore new player goes to serve after each **“sideout”**.

Three of the players are front row players. Other three players are back row players. Back row players can not spike/attack or block the ball inside 10-foot or 3 meter line.

HOW DOES SCORE SYSTEM WORK?

A Volleyball Game is usually played **until 25 points**, while some leagues may use 30 point games to determine the winner. The deciding game, the fifth game (or the third game in the shorter match) is played until 15 points. **“Two point difference”** is required for the winning team to end the game - it means the game can end 26-24 or 27-25 while it is not possible to end 25-24, for example. Team who wins the rally will score a point. Each rally begins with a serve - and ends when either team wins the rally. Team can score a point after the own serve or the opponent's serve.



A moment of a beach volleyball match in Mazara del Vallo, Italy



Professional indoor volleyball balls



In volleyball there are two distinct actions of play: defense and attack.

OFFENSE

Volleyball offense starts with passing/serve receive - and follows with setting and attacking (also called spike)

SPIKING FOR BEGINNERS

Volleyball beginners can start learning to spike by hitting the ball over the net with both feet on the ground at first.

Later on when the approach is more secure, players can attack by making an approach, jumping into the air and tipping the ball into the other side of the net.



DEFENSE

The purpose of volleyball defense is to prevent opponent's offense to score a point. Volleyball blocking, digging and coverage are considered to be part of defense.

1. BLOCKING

attempt to block the opponent's attack. A player jumps up into air slightly after the attacker and pushes the hands over the net and reaching into the other side of the net towards attacker.

2. DIGGING

attempt to prevent the ball falling into the court after the opponent's attack. It can be done by digging underhanded (bump) or overhead (overhead dig with fingers).



3. COVERAGE

a defensive action in which players place themselves under the block - to save the ball back into play in case blocker blocks the hitter.



SOME FOULS..

NET FOUL if a player touches the net or the ball beyond the net;

COURT INVASION if the player steps over the line of the court;

POSITION FOULS like, for example, a player should be in the defense area but he/she attacks from the attack area;

DOUBLE HIT a player contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball.



VOLLEYBALL POSITIONS

MIDDLE BLOCKER

A great middle blocker is **a major key to the team's defense**; this player is able to understand the opponent's setter and has to be quick enough to get from one end of the court to the other to block the ball.

The middle blocker also hits quick sets and keeps the other team's defense off balance.

OUTSIDE HITTER (OR LEFT SIDE HITTER)

An outside hitter is **a great all-around player**. If you want to play as an outside hitter, you need great ball-handling skills and at the same time being a solid hitter and blocker.

RIGHT SIDE HITTER

Also called wing speaker, this player has the similar role than outside hitter, because they play front row and back row and are carrying **pass, attack, block, serve and defense responsibilities**.

LIBERO

A defensive specialist who enters the game without regular substitution. Libero plays in the backrow and **needs to be able to move all over the court** to keep the ball in the air for his/her team to create scoring chances. For this reason, a libero is often a great passer and an even better digger.

They carry **a different color jersey**.

SETTER

A player who needs to take in **a lot of information at once**, because he/she is the one who makes the decisions about who gets the ball when the setter touches the ball on the second contact and delivers it to the hitters. For this reason, the setter is considered to be **the backbone of the offense**.

OPPOSITE HITTER

The opposite hitter plays at the net on the right side of the court. It's the player **who most often scores the most points in the team**. The opposite needs to have great blocking skills because he/she is responsible for blocking the opponent's outside hitter.

DID YOU KNOW THAT...?

Volleyball players can actually move a couple of miles distance during the match!

The speed of a service can reach the speed of 140km/h.

The Guinness World Record for volleyball lasted 85 hours? it took place in the Netherlands in December 2011!



BASKETBALL

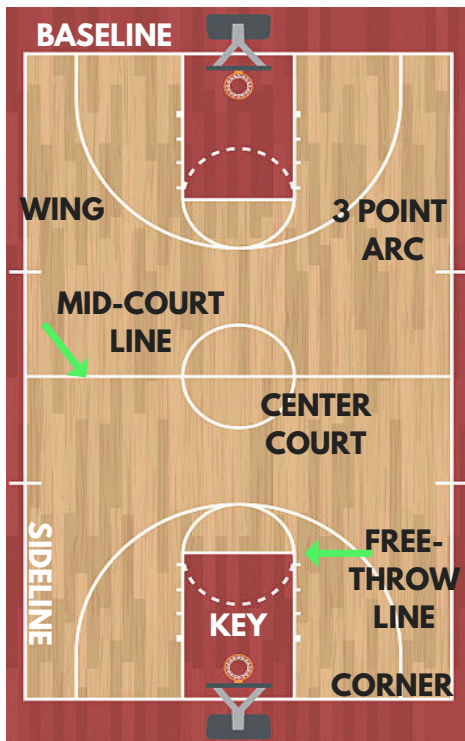
PARTNERS:



Two teams of five players each try to score by **shooting a ball through a hoop elevated 10 feet above the ground**. The game is played on a rectangular floor called **the court**, and there is a hoop at each end. The court is divided into two main sections by the mid-court line.

Each team is assigned a basket or goal to defend. At halftime, the teams switch goals. The game begins with one player from either team at center court. **A referee will toss the ball up between the two**. The player that gets his hands on the ball will tip it to a teammate. This is called **a tip-off**.

The ball is moved down the court toward the basket by **passing or dribbling**. The team with the ball is called the **offense**.



The team without the ball is called the defense. They try to steal the ball, contest shots, steal and deflect passes, and garner rebounds.



The seconds the offensive team has **to get the ball over the mid-court line**, once they put the ball into play behind the mid-court line. **If it doesn't, then the defense gets the ball**. Once the offensive team gets the ball over the mid-court line, it can no longer have possession of the ball in the area in back of the line. If it does, the defense is awarded the ball.



In addition to stealing the ball from an opposing player, **there are other ways for a team to get the ball.** One such way is if the other team commits a **foul or violation.**

PERSONAL AND INTENTIONAL FOULS

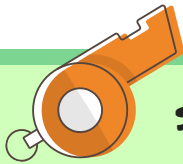


These fouls include **any type of illegal physical contact**, like hitting, pushing, slapping, holding a player or sticks out a limb and makes physical contact with a defender in an attempt to block his/her path.

TECHNICAL FOULS



It does not involve player contact or the ball but is instead **about the 'manners' of the game.** Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul. Not only a player can commit this foul, but **also the coach.**



SOME VIOLATIONS..

TRAVELING

If a player takes more than 'a step and a half' without dribbling the ball the violation is called traveling.

HELD BALL

It may happen that two or more opposing players gain possession of the ball at the same time. In order to avoid a prolonged and/or a violent scuffle, the referee stops the action and awards the ball to one team or the other on a rotating basis.

DOUBLE DRIBBLE

Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.



BASKETBALL POSITIONS



Usually the tallest players on the court. The center position is also known as the **five or the pivot** and its has been traditionally considered **one of the most important positions**. On offense, the center's goal is to get open for a pass and to shoot. They are also responsible for blocking defenders.



Players also known as the **two or the off guard**. Along with the small forward, a shooting guard is often referred to as a **wing** because of its use in common positioning tactics. As the name suggests, most shooting guards are **good shooters from three-point range**.



Point guard is also known as **the one**, typically the team's **best ball handler and passer**. A point guard's primary job is to facilitate scoring opportunities for his/her team. They run the team's offense by controlling the ball and making sure that it gets to the right players at the right time. Therefore, point guards **often lead their team in assists and steals**.



Players also known as **the four**, they are often the team's **most versatile scorers**, being able to score both close to the basket and also being able to shoot mid-range jump meters away from the basket.



Versatility is key for the small forward, also known as **the three**. This is due to the nature of their role, which resembles that of a shooting guard more often than that of a power forward. This is why the small forward and shooting guard positions are often **interchangeable** and referred to as **wings**. He/she is able to score close to the basket whileand also to shoot mid-range jump meters away from the basket.

DID YOU KNOW THAT..?

The first ever basketball game was played in 1892. The court was roughly half the size of today's regulation court. Also, given that it was a new sport and the players involved were inexperienced, only one point was scored in the game.

Originally, basket balls were made of brownish leather; In the 1950's, the legend says that ball became orange so it would be easier for the players to see.

The first basketball hoops were peach baskets with the bottom intact. Officials had to get the ball out after each basket!



EQUESTRIAN VAULTING

PARTNERS:



WHAT IS EQUESTRIAN VAULTING ?

Equestrian vaulting, also known as simply vaulting, can be described as **gymnastics and dance performed on a moving horse**. This sporting discipline is always performed in a controlled environment that usually includes a fully enclosed arena and soft footing. The horse is controlled by a trainer through a long rope called a **lunge line** and moves in a **large, consistent circle** while the **vaulter** performs a **series of gymnastics and dance movements**.

ANCIENT ORIGINS

Vaulting's origins stretch back **at least two-thousand years**. It is believed that vaulting originated during the **ancient Roman games**, where acrobats displayed their skills on cantering horses, while others believe its origins could be traced back in **ancient Crete**, where bull-leaping was prevalent. **Modern vaulting** was developed in post-war Germany as a means **to introduce children to equestrian sports** and it has grown and developed, becoming a **popular sport** all over Europe.



Balance exercise during equestrian vaulting activity held in Örkelljunga, Sweden

COMPETITIVE VAULTING

Vaulting competitions are open to **both men and women** and is one of ten equestrian disciplines recognized by the International Federation for Equestrian Sports. A vaulting competition consists of **compulsory exercises and choreographed freestyle exercises** performed to music. Vaulters can compete in **individual freestyles, in pairs or in a team**.



The vaulting horse moves in a **15-metre circle** and is guided on a longe line by a **lunger**, or longeur, who stands in the center and **ensures a steady gait is maintained on a circle while the vaulter performs.**

The youngest vaulters begin at the walk gait and progress to trot and **canter, working mostly on strength, height, and ability** to mount and performing on the horse. Experienced athletes compete **at the canter.**



An equestrian vaulting team performing during a competition

HOW DOES THE SCORE SYSTEM WORK?

There are **seven compulsory exercises**: mount, basic seat, flag, mill, scissors, stand and flank. Each exercise receive a score on a scale from **0 to 10** and the judging is based on technique, performance, form, balance, security and difficulty. **Horses also are scored** and are judged on the quality of their movement as well as their behavior.

Teams performance include carry, lift, or even toss another vaulter in the air. The components of an individual freestyle, previously known as a **Kur**, instead may include mounts and dismounts, handstands, kneeling and standing and aerial moves such jumps, leaps and tumbling skills. **An individual freestyle lasts a minute and team is 4 minutes long.**



According to the American Vaulting Association, vaulting is a great way to develop balance, strength, coordination as well as trust, self-esteem and the ability to work as a team member.

Would you like to try vaulting but you don't know how to ride? Don't worry, you don't need to know how to in order to start vaulting! Anyone can learn, from pre-schoolers to adults.

Vaulting horses are not saddled! They wear a surcingle and a thick back pad. The surcingle has special handles which aid the vaulter in performing certain moves as well as leather loops called cossack stirrups. Horses also wears a bridle and side reins.

**DID YOU
KNOW
THAT..?**

Vaulting is used on a therapeutic level! Children and adults with disabilities or social deficits can often benefit from interacting with the horse and team member, and by doing simple movements with the help of spotters.

LACROSSE

WHAT IS LACROSSE?

PARTNERS: 

Lacrosse is a team sport played with a lacrosse stick and a lacrosse ball, a hard tennis sized rubber ball. Players use **the head of the lacrosse stick to carry, pass, catch, and shoot the ball into the goal.** Points are scored when a player bats with the stick the ball into the opponents net. Even though the object of the game is to score the most goals, the real challenge is in maintaining possession of the ball until a shot can be made. Once a player establishes possession keeping it is not easy.

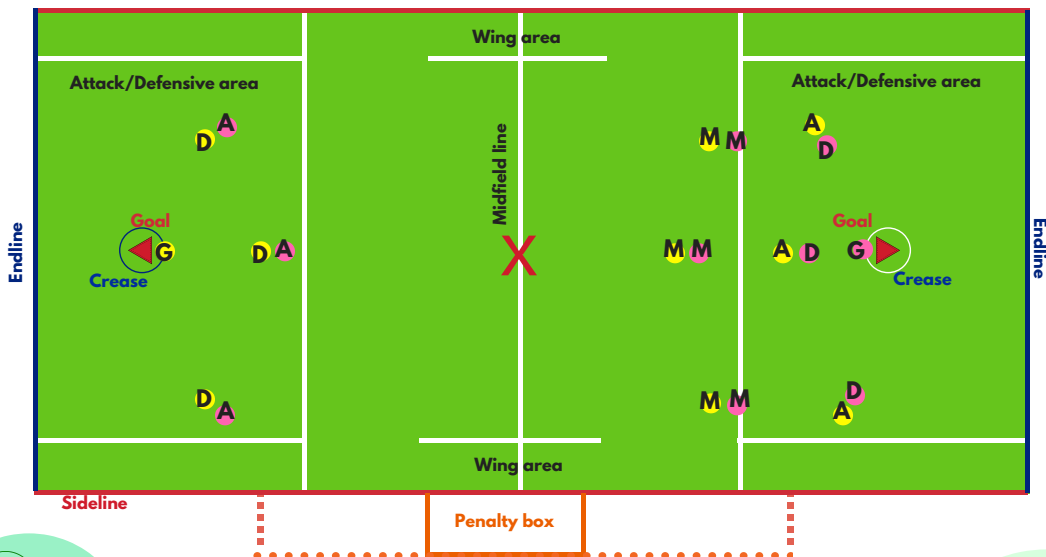
THE CHECK

The game of lacrosse is very physical and contact is very much a part of the game. There are two different ways to check, **a basic lacrosse skill:** stick checks and body checks. **Stick checking** occurs when defending players attack the stick of the player in possession and try to knock the ball loose with their own stick. It can be made as long as the attempt is to try to contact the opponents stick. If the defenders hit the ball carrier or anyone close to a loose ball with their shoulder like a football block, it is called **a body check.** It is legal as long as it not from behind, above the waist, and below the shoulder.



A lacrosse stick and ball

Lacrosse field with players positions Sideline



LACROSSE PLAYERS

Lacrosse is played with 10 players on the field.



3 Attackmen: The attackman's responsibility is to score goals. The attackman generally restricts his/her play to the offensive end of the field.

- **Excellent stick work with both hands;**
- **Quick feet to maneuver around the goal.**

3 Midfielders: The midfielder's responsibility is to cover the entire field, playing both offense and defense. The midfielder is a key to the transition game, and often clears the ball from defense to offense.

- **Good stick work including throwing, catching and scooping;**
- **Speed and stamina are essential skills.**

3 Defenders: The defender's responsibility is to defend the goal. The defenseman generally restricts his play to the defensive end of the field.

- **Quickly reaction in game situations;**
- **Agility and aggressiveness are necessary, but great stick work is not essential to be effective.**

1 Goalie: The goalie's responsibility is to protect the goal and stop the opposing team from scoring. A good goalie also leads the defense by reading the situation and directing the defensemen to react.

- **Excellent hand/eye coordination and a strong voice;**
- **Quickness, agility, confidence and the ability to concentrate are also essential.**

TRANSITIONING TIME

Lacrosse game has some time restrictions. These help greatly to keep teams from going into a shell. They must move the ball or possession is lost.

4"

The seconds the goalie has **to pass or take the ball out of the crease** after he made a save and gained the ball. Otherwise, the ball will be awarded back to the opponents.

20"

The seconds the offensive team has **to cross midfield** as the ball is being transitioned from the defensive end to the offensive end.

10"

The seconds the offensive team has to **move into the attack area** once they crossed midfield.



ORIENTEERING

PARTNERS: 

WHAT IS ORIENTEERING?

Orienteering is a sport that requires **navigational skills**. Participants use a **map and a compass** to navigate **from point to point across a diverse and natural landscape** whilst moving at speed - usually on the run, but also on walk. The route, formed by pre-placed points called **checkpoints**, isn't marked. Each competitor or teams of orienteers decide the best route.

Each meet is **timed event** and can have courses of **varying lengths and difficulty**.

ORIGINS

Orienteering was created in the late 19th century first as a **training exercise** in land navigation for **members of the Swedish military**, then grew into a competitive sport for military officers. Civilians soon joined the fun and the sport has spread throughout the world since then, developing **many variations**.



A participant running towards a checkpoint

ORIENTEERING EQUIPMENT

Compass

with a short wrist cord

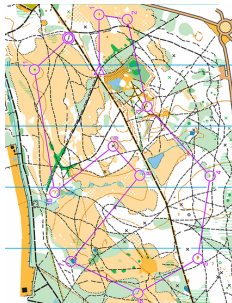


A whistle for safety reasons



Map

a much more detailed topographic map than a general one. usually it isn't provided until the start of the race!



Control card

It is used to prove that a participant has visited all the control points in the right order. it needs to be marked at each control point by its **punch**



Racing suit and running shoes



HOW TO READ AN ORIENTEERING MAP?

Orienteering maps are **standard throughout the world**. They are generally printed in **five colors**, each color representing a **different type of terrain or feature**.

It wasn't **until the 1950s** that modern maps were introduced into the sport of orienteering. Up until that time, maps were mostly simple black-and-white drawings of the course area. The maps used today are **full color**, have **contour lines** to show elevations, and contain **landmarks** such as water and roads. Usually, the orienteer doesn't see the map and the course **until after starting the orienteering event**.



Example of how control points are shown on a map

Double circle:
THE FINISHING POINT



Triangle:
THE START



Circle:
A CONTROL POINT



Map key colors



Water features



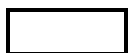
Landforms and topographic features



Rock features and man-made features



It shows clearings, fields, open or unforested lands



Open runnable forest



Areas where the vegetation could slow a person down, such as thick brush, or thorns



Usually called 'fight', these vegetation areas are overgrown and impassable

TIPS FOR BEGINNERS

1. Don't rush. Walking and stopping are fine. A common mistake is to run off without being sure where you're headed because it's a "race." Smart route choices can save more time than a speedy pace.

2. Keep yourself focused & don't worry about how you're doing compared to others. Multiple courses are in play and starts are staggered, so you will know your order of finish only when you see the event results at the end.

3. Try to familiarize yourself with orienteering maps. It is useful to be able to read the several details that a map offers before the day of the event. It will help you spare precious time too!

MARTIAL ARTS

PARTNERS: 

WHAT ARE MARTIAL ARTS?

A martial art is **any form of fighting and an art that has a set way of practice**. In the common usage, the word applies to the systems of combat developed in all the world. A martial art is a style of combat, in many instances directed towards **the self-defence**. But martial arts are practiced for other many reasons; it is also practiced **to develop discipline and confidence**, or as a series of **relaxing exercises** and a form of **meditation**.



There are many martial arts that come from certain countries. More than 50 martial arts originated **in Asia only**. But some martial arts were not born in Asia; for example, **savate** appeared in France and the movements of sport of the **capoeira** came from Brazil.



A practitioner of capoeira is called capoeirista

HARD AND SOFT MARTIAL ARTS

Martial arts are divided in two main sets, the "hard martial arts" and the "soft martial arts".

Hard martial arts: are those combat disciplines that give special consideration **to the attack to beat the opponent**, like karate and kickboxing.

In the soft martial arts instead, the martial artists fight the opponent in a **less aggressive manner**, using the force of the other to surrender him, like for example in judo and aikido.



Levels in martial arts training
in order of beginner to expert:
White, Yellow, Orange, Green, Blue,
Purple, Brown, Red and Black

SOME OF THE MOST FAMOUS AND IMPORTANT MARTIAL ARTS



A knife-hand strike

KARATE

This martial arts stresses striking techniques, such as punching, kicking, knee and elbow strikes, and open-handed techniques such as knife-hand strike.

where?

Okinawa, Japan

when?

Early 15th century

The goal of this relatively modern martial art is to either throw or takedown one's opponent to the ground and immobilize or subdue them with a grappling maneuver, joint lock, strangle hold, or choke.

JUDO



where? Japan
when? 1882

KUNG FU

The term 'kung fu' literally means 'achievement through great effort' and it generally names the group of martial arts that have developed over the centuries in China. There are common themes to the various styles (which are usually classified by families, schools, or sects). Some styles include physical exercises that mimic animal movements, while others are inspired by Chinese philosophies, religions, and legends.

where?

China

when? 2nd/3rd
centuries AD



DID YOU KNOW THAT..?

Tae kwon do and judo are the only two martial arts included in the Olympic Games.

"Karate" is actually a combination of two words: kara (empty) and te (hand). The definition of karate, therefore, is self defense fighting with no weapons.

KICKBOXING

Kickboxing is a group of stand-up combat sports based on kicking and punching, historically developed from karate mixed with boxing. Kickboxing is practiced for self-defence, general fitness, or as a contact sport.

where? Japan

when?

late 1950s



FLOORBALL

PARTNERS: 

WHAT IS FLOORBALL?

Floorball is a **indoor team sport**, played with stick and ball. This sport centers around ball control, quick passing and **lots of running**. The rules of floorball have one focus, **the safety of the players**. Therefore, **contact between players or the player's stick is not allowed**. The ball cannot be played above the knees and players may not swing above the waist. The game of floorball is also known by many other names; in the beginning the English name was "**indoor bandy**", since it was translated from the Swedish word "**innebandy**" in Sweden, also used in Norway. In Finland it is known as "**salibandy**" and "**unihockey**" is instead used in Switzerland and Ireland, which derives from "universal hockey" since it is meant to be a special and simplified hockey form.

FLOORBALL HISTORY

The roots of floorball can be found in **many different sports**. Many concepts and strategies from **hockey and soccer** can be seen in this sport. Floorball has been played in various forms since the **early 20th century in Canada** as a recreational sport, especially in schools.

It was mainly a playful variant of hockey, as can be seen from the sticks form got from the hockey game called bandy.

As an international and more organised sport, floorball was **formally developed in Sweden** in the mid 1970s. **It is the fastest growing team sport in Europe**, where several countries developed national associations, especially in Nordic countries.

A floorball stick and ball



A DIFFERENT AND UNIQUE COURT

Floorball's rink is built from a **series of connected boards**, made of either wood or plastic material. The board is usually 50cm high and the corners are **rounded**, giving the players the opportunity to keep the ball in play.

Players can also use the boards **to win advantage for their team**; on the high professional level in fact, the tactical use of the boards is very eminent.

The board's rounded corner of a floorball rink.



PLAYERS POSITIONS



There are normally **five outfield players and one goalkeeper** for each team. The basic positions are: **a goalkeeper, two defenders, a centre and two attackers**. Defenders and attackers have both a left and a right side player. In the case of the attackers, they are often called left wing and right wing respectively.

Defenders are primarily responsible for their sides and they typically focus on closing down spaces in order to leave fewer options for the attackers. They are also concerned to intercept passes and try to steal the ball when it is unprotected.

Attackers are principally concerned with keeping the ball and opening up possibilities to shoot on goal. A good attacker has a great resistance in running and has the ability to confuse the defence by switching sides, for example. Attackers also have the responsibility to cover his/her opposing defender when the opponents are attacking.

The centre is responsible for supporting both the attack and the defence. Therefore centres are required to run a lot and have an excellent sense of positioning.

WHAT IS A FACE-OFF?

A face-off is the method used **to begin the game**. The two teams **line up in opposition** to each other, and the opposing players attempt **to gain control of the ball** after it is dropped or placed between their sticks by an official.

A **face-off is also awarded** when a player commits a foul, the ball is damaged or unplayable, the referees cannot decide the direction of a free-hit, or when a player suffers from serious injury.



Two players during a face-off

Due to the intensity of the game, there are two referees to oversee the game, each with equal authority. They swiftly and correctly interpret situations.

DID YOU KNOW THAT...?

The ball must also be received by a stick below knee level. If contact is made with the ball above the knee, there will be a two minute penalty. When shooting, the stick must stay below the waist level. Sticks above the waist level while taking a shot will also result in a two minute penalty

During a game, there should be no jumping, with it being compulsory for one foot to be on the ground when receiving the ball. Players may also not go down on two knees to make plays or block shots. Only the goalkeeper may play from his or her knees.

FENCING



PARTNERS: 

WHAT IS FENCING?

Fencing is a **combat sport** where two opponents use **swords to strike each other whilst avoiding being hit**. Winning points are made through the contact with the opponent.

ABOUT FENCING UNIFORM

Fencing contestants are called **fencers**. They wear a uniform which consists in a **variety of protective clothes** and a mask of black mesh with a bib to avoid injury. The jacket, short pants and the underarm protector (or plastron) that constitutes the uniform, are all made of **white fabric**. For this reason, these are collectively called "**whites**".

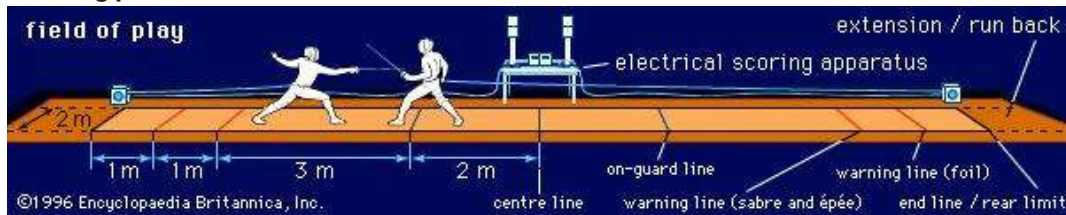


Fencing masks

FENCING HISTORY

Fencing as a game goes back to **as early as 1200 A.D.** Its roots are traced to the development of swordsmanship for **duels and self defense**. Fencing is believed to have originated in **Spain** and the mechanics of modern fencing developed in the 18th century in an **Italian school** of fencing and improved by the **French school** of fencing.

Fencing piste

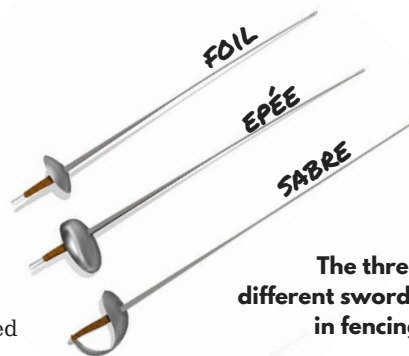


SCORING IN FENCING

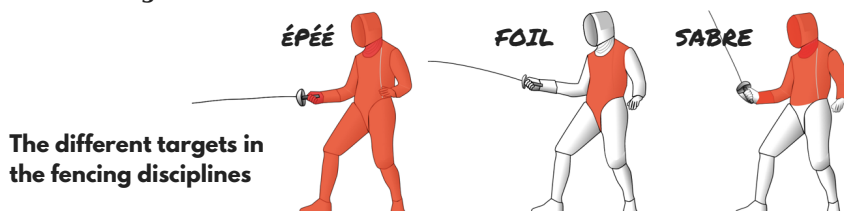
There are **three disciplines** in modern fencing, due to the use of **three kinds of swords**: the **épée** is the heaviest sword, the **foil** is a lighter thrusting weapon, and the **sabre** is a cutting and thrusting weapon derived from the cavalry sword.

Scoring is done differently in the three variants of fencing. For each discipline, there are **different targets** over the contestant's body that are considered valid to win points if they are hit.

In order to register the scores players' swords are **electronically sensitive**, as are the **scoring areas** of the body, and are connected by a body cord to the **scoring box**. When a strike is registered there is an **audible tone** and a **light illuminates**.



The three different swords in fencing



The different targets in the fencing disciplines

"RIGHT OF WAY" RULE

In the games of fencing with foil and sabre, players should strike each other at the same time **but only one fencer receive the point**. The decision criterion used by the referee is called "**right of way**" rule. The point is awarded to the competitor **who began his/her attack first**. With the épée the right of way rule does **not** apply and both fencers may **score simultaneously**, unless it is the deciding point when neither strike counts.

Fencing is one of just five sports that have been included in every modern Olympic game. The first time fencing was featured was in 1898.

DID YOU KNOW THAT...?

The fencing suits are white, because in earlier times, touching was recorded with a piece of cotton at the tip of the weapon dripped in ink.

Salutation is one of the rules in fencing. Fencers must salute one another and the referee at the beginning and end of the match. If they fail to do so, it can result in the loss of a point for the winner or the suspension of the loser.

Many of the ballet positions are derived from fencing. Ballet has its origins as a dance interpretation of fencing in the late 15th century Renaissance court of Italy.



Erasmus+

WHAT IS ERASMUS+?

Erasmus + is the European Union's programme to support education, training, youth work and sport across Europe. The aim of the programme is to contribute to the Europe 2020 strategy for growth, jobs, social equity and inclusion. Erasmus + provides several different opportunities for a wide range of individuals and organisations.

The programme tackles specific issues such as the aim to reduce unemployment and early school leaving; to promote adult learning and the cooperation and mobility with the European Union's partner countries; to support innovation, cooperation and reform between organisations and institutions; to encourage young people to take part in European democracy.

Erasmus + has exciting opportunities for people of all ages to study, work, volunteer, train and teach abroad. Students, teachers, staff, trainees, volunteers and more can access different programmes in Europe or outside of Europe.



OPPORTUNITIES FOR YOUNG PEOPLE



Erasmus+ is open to all young people who would like to volunteer in Europe or outside of Europe or participate in a youth exchange abroad

Volunteering Activities

Erasmus+ Volunteering Activities are open to young people aged 17-30 and let you travel abroad for a period between 2 weeks and 12 months to participate in a project on a voluntary basis. A wide variety of projects are available in many areas such as social care, the environment and culture.

Youth Exchanges

Youth exchanges allow groups of young people from different countries to meet and live together for up to 21 days. On a youth exchange, you can expect to participate in activities such as workshops, exercises, debates, role-plays, outdoor activities, etc.

OPPORTUNITIES FOR ORGANISATIONS

Universities, education and training providers, think-tanks, research organisations, and private businesses can apply for funding each year to undertake activities

Organisations wanting to participate in Erasmus+ may engage in a number of development and networking activities, including strategic improvement of the professional skills of their staff, organisational capacity building, and creating transnational cooperative partnerships with organisations from other countries in order to produce innovative outputs or exchange best practices.

In addition, organisations facilitate the learning mobility opportunities for students, education staff, trainees, apprentices, volunteers, youth workers and young people.

The benefits for involved organisations include an increased capacity to operate at an international level, improved management methods, access to more funding opportunities and projects, increased ability to prepare, manage, and follow-up projects, as well as a more attractive portfolio of opportunities for learners and staff at participating organisations.



ABOUT THE PARTNERS

!FALL
Integration För Alla

FALL is a Non Governmental Organization, which was founded in Örkelljunga, south of Sweden, in 2013. It is a volunteer based organization that involves volunteers from the local area and international volunteers through the EVS Erasmus Plus programme. "IFALL" stands for Integration För Alla and it means integration for all. IFALL's main objective is to promote integration between cultures and counteract violence between them. In order to do that, the NGO provides multicultural meeting places based on leisure activities and organise and hosts international exchanges and training courses. The main funds IFALL works with are Erasmus Plus and Nordplus. Creative Drama and Film-Making are two examples of the organisation's non-formal methods, used in the trainings. IFALL has been involved in several international projects, both as partner and as project coordinator. Thanks to these opportunities, IFALL developed itself as organization and improved staff's skills and competences. IFALL collaborates with many, different organisations. Past and current collaborations include sport organizations such as the local clubs FC Örkelljunga and Örkelljunga Volleyball Club; the cultural department of Örkelljunga Municipality; local schools, the Swedish Church and many international partners from all over Europe.



Leeds Beckett University is committed to build its reputation and research profile within the region, nationally and internationally as stated in its Strategic Plan. With over 600 academic staff, Leeds Beckett University cover a wide range of research disciplines. In the last Research Assessment Exercise, the 'quality, reach and significance' of the University research was rated as 'world-class' across all four of its faculties. Leeds Beckett is continuing to expand and enhance its research base through its Institutes and Centres, creating a strong and sustainable research environment for its staff and students. Leeds Beckett University has strong commercial links and the research is applied directly to industry, giving practical solutions and innovations to businesses; the University adds value to the local economy through education, research and knowledge transfer. Leeds Beckett University provides youth work courses. This course has been designed to meet the Joint Negotiating Committee (JNC) and National Youth Agency requirements for youth work and community development. Students learn how to provide young people with activities that build their confidence and life skills, helping them to help themselves. With a primary focus on young people aged 13 to 19, students will gain an understanding of youth work and community development, its theory and its practices. The profession is physically, intellectually and emotionally demanding, with personal rewards that are highly beneficial.



Città di Mazara del Vallo

Mazara del Vallo is a municipality of the province of Trapani, located on the Mediterranean Sea and it is less than 200 km away from the Tunisian coast. The municipality is founded on the universal principles of peace and solidarity-based cooperation between different peoples, invoking its history as a city of civil, political and religious tolerance, open to migration and to the encounter of civilisation and humanity. In addition to its more than 50.000 inhabitants, Mazara del Vallo hosts 3.000 migrants, mostly coming from the Northwest African region of Maghreb, who have been employed in the fishing, agricultural and handicraft activities of the city for over 25 years. Mazara del Vallo is a city that has a rich history and precious cultural traditions. Due to its geographical position and to several historical events, Mazara del Vallo has always been a city open to the encounter and the exchange of various ethnic groups, religions and cultures. Historically speaking, the city has sought its economic fortunes on the sea and through several alliances and cooperations amongst the people of the Mediterranean Sea. Over the course of time, Mazara del Vallo repossessed the best events of its historical memory, with the intent to reaffirm and enact the principles of cultural pluralism and its peaceful coexistence. In this sense, Mazara del Vallo established itself as an experimental laboratory for the development of a multi-ethnic society. The municipality has also benefited from the financial instruments provided by the European Union, in line with the 2014-2020 Program.



an Erasmus+ project created by

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Integration För Alla



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Città di Mazara del Vallo



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