



This handbook is produced by the partnership running NOMADs, a pilot project to build up a new mobility programme involving young volunteers in sport for all events and actions Europe wide.

The Handbook has to be used to raise interest and capacities among civil society organizations in planning european volunteers support for their projects.

www.go-nomads.eu

Table of Contents

The project, its vision and aims

What's NOMADs?

The project timeline

What is a workcamp?

What is Sport for All?

How to organize the multiplying workshops

The target groups

The workshop agenda

The activities sheets: Some good examples

Annexes



The project, its vision and aims

NOMADs are young citizens ready to travel, support and enjoy

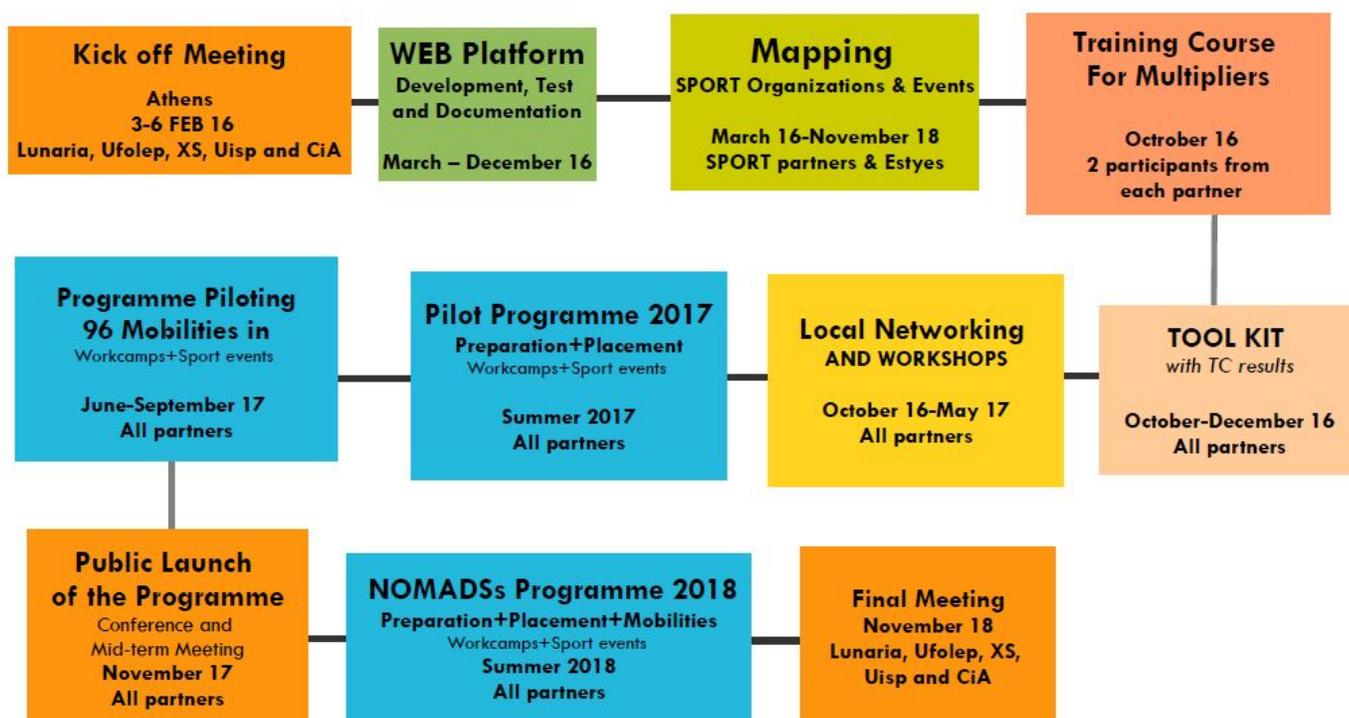
What's NOMADs?

NOMADs project is a collaborative partnership supported by ERASMUS+ Sport. Bringing together grassroots "sport for all" and "international voluntary service" organizations in Europe.

The partnership main objective is the strategic development of a cooperative framework between the worlds of sport and voluntary service, to allow in the future young athletes and volunteers to experience mobilities for volunteering in EU and to support local sport organizations in shaping sport events for social inclusion in the perspective of a stronger European dimension.

NOMADs will be, from 2018 a new and attractive programme of mobilities, merging different forms of voluntary service and international exchanges.

The project timeline



International Workcamps

a world on the move

A “workcamp” is an international voluntary service project, promoting international understanding, peace and human rights, as a valuable force in the common search for human betterment.

International Voluntary Service movement encourages and supports, wherever possible, local programmes that answer the needs of the community and foster the active participation of citizens, especially young people, allowing them to encounter and understand different cultures and people. Workcamps are tools of non-formal education and open space for informal learning.

International Voluntary Service promotes intercultural understanding, peace, democratic participation and equality, in the spirit of respect for universal human rights.

Sport for All

inclusion, solidarity and healthy lifestyles

The sport is “for all” when is guided by the idea of making the sport accessible to all sections of society, as a tool for cohesion, integration, empowerment and well-being.

The “Sport for all” is inclusive, does not isolate nor separate and is not based on selection. The “Sport for all” is not based on the rankings, because it does not need awards. The “Sport for all” is based on the attention of the specificity of the different bodies and is grounded on the idea that there are different ways and styles to learn lifelong.

Ensuring the “right to sport” does not only mean to amend the discrimination against certain specific categories of people, but it also means ensuring that everyone has the possibility of being able to practice it in the appropriate facilities and that it is affordable for everyone.

Sport shouldn't be elitist, but it must reach everyone, as it is one of the best ways to conduct a physically active and healthy lifestyle, and to fight consequently all problems, disorders and certain diseases by the lack of movement.

How to organize the multiplying workshops

The target groups

The Nomads workshops are primarily targeted to sport organizations who are interested in receiving the support of volunteers to implement sport for all activities. However, it is also open to International Voluntary Service organizations who wants to support sport for all actions.

It is important to know beforehand the target groups that will be present in the workshops and to adapt the activities accordingly.

The workshop agenda

The NOMADs project will enlarge the “beneficiary organizations”, meaning those local groups/associations working with sport for social inclusion that embrace its vision and the operational framework.



From 2018 the NOMADs programme will involve many more local projects - after the piloting in 2017 between Italy, France, Greece, Estonia, Scotland (UK) and Catalonia (Spain), building new collaborative partnership beyond the original promoters.

This chapter suggests possible schemes and materials to organize multiplying events, so to involve more organizations between 2017 and 2018.

TIMING	WHAT	OBJECTIVES	COMMENTS (O GENERAL REMARKS)
20'	Presentation of participants	-->To get to know each other	Have a look at the activities proposed in the "Activity Sheets". Take into account your target group and adapt the activities accordingly
40'	Presentation of the organizations involved in the workshop	-->To know better the organizations involved (vision, aims, activities)	Having only some time to present the organizations we recommend an interactive and nonformal approach so to have a general idea on their work areas and field of intervention (IVS or Sportforall)
30'	What is: a) sport for all b) IVS and workcamps	-->To give a general view of these two worlds	To be presented in a visual and clear way (you can use the vision statements included in this toolkit as well as the videos and other material on the annexes)
30'	What is the NOMADs project?	-->To present the main elements of the project	To be presented in a visual and clear way
30'	How to participate in the NOMADs project	-->Indications for the organizations willing to organize a workcamp or sport for all event with european volunteers	In a visual, interactive and clear way!
30'	Open space for questions and discussion	-->Clarify any remaining doubts and give the possibility to exchange ideas and proposals	In a dynamic way
End of the workshop			

General remarks:

This is an example of a NOMADs workshop: the timing is conceived for a 3 hour workshop but can be adapted to each country's needs.

The organizations can take it as an input to organize the structure but we recommend them to tailor the activities according to the target groups involved and the context.

Being a short workshop we recommend to try to be as clear and concise as possible giving a space for questions and proposals.

The activities sheets: Some good examples

The following activities are the result of the “NOMADs training course for multipliers” which took place in October 2016 in Zagarolo, Italy. Its participants, coming both from sport and IVS organizations developed and experienced methods for running the informative workshops.

Please take into account that the activities sheets you will find below have an average duration of approximately 90 minutes and they include the detailed explanation, the timing and needed materials.

They have a different focus, from the getting to know each other and the team building activities, to the explanation of the sportforall and IVS concept and the presentation of the NOMADs project.

These ideas could be used as an example by the organizations willing to implement NOMADs informative workshops.

For this reason we suggest the workshop organizer to pick up them accordingly to the workshop structure you are willing to implement, taking into account the duration, the target group involved and the context.

ACTIVITY SHEET 1

TARGET GROUP: Representatives of sportive and IVS organisations, volunteers, athletes, informal groups of people potentially interested in creating common actions.

MACRO TOPIC: IVS (workcamps) +Sport 4 all

SUBTOPIC: Inclusion /Diversity Cooperation/Common Goals

AIM: To raise awareness on the importance of creating common actions on IVS and sport 4 all

OBJECTIVES:

- to get to know each other
- to complete a specific task as a group, focusing on goal setting
- to create a list of common activities

TITLE OF THE WORKSHOP: Speed Shark Team workshop

METHODS

1. Speed date activity
 - input from every participant
 - sharing professional facts
2. Crazy Shark activity
 - learning by doing
 - Cooperation
 - Reflection
3. 2 Team no team activity
 - learning by doing/experiential learning
 - Cooperation
 - Teamwork
4. Conclusion
 - close with reflection on togetherness

DURATION

* total duration: 90 min

* duration of each sub-activity you are proposing within the workshop:

1st part = 35'

2nd part = 20'

3rd part = 25'

4th part = 10'

MATERIALS AND LOGISTIC

- Flipchart x 10
- Markers x1
- Biro pen x20
- post-its x 40

.... room without chairs +shark activity outside

DESCRIPTION

Introduction and welcome. Brief overview of the whole programme and objectives for this workshop.

1. Speed date activity

Facilitator asks the group to make couples. Then all the participants form 2 circles (one inside another) looking to each other (one member of the couple is in the inner circle and the other member on the outer circle).

The purpose of this activity is in a speed dating, to get to know more about every person and their work in the organisation.

There are 4 question to help:

- What they do?
- On what they work?
- Who they work with?
- With whom they do it?

People on the outside introduce themselves to the person in front of them in the inner circle, in one minute (people on the inner circle ask questions to them). After that, people in the inside stay still and people on the outside move to the left. After the first round there is a second round in which the person who speaks is the one on the inner circle.

The activity continues until every person has spoken back at each partner.

Facilitator asks participants for feedback about the activity.

2. Crazy shark activity

If the weather is good the group can move outside.

The group is divided into 2 teams, Sharks - Crocodiles. The 2 groups stand in line parallel to one another. The goal is for a group to reach the opposite side of the field, while only stepping on safe patches of ground (represented by colored papers put by the facilitators). If someone steps on unsafe area (ground) the whole team has to start over. Rules:

- people must move in pairs
- they cannot touch the ground (unless there is a safe area)
- if they do it then they are back to the start

Evaluation 1: how was the activity? Could they do better?

After the first evaluation participants are given 5' planning time to listen, test ideas and create a team plan to do it faster.

Evaluation 2: How was this time (with more planning)? Did you work well as a team?

Reflection: it probably looked like cooperation. Together you have completed a task and a common goal.

Questions for the evaluation-reflection:

- were you involved?
- what objective did you achieve?
- what was the difference in both attempts?

3. 2 Team no team activity

Participants are asked to write values and goals of both IVS and Sportforall on post its and attach them in a flipchart. Facilitators unite key themes on two flipcharts, one for IVS and another one for SPORT 4 ALL.

With a fun little energiser participants are divided again into 2 new teams.

1 person from each team runs in a funny way to the flipchart and takes a postit (one from the IVS flipchart and one from the sport flipchart). They read the post it to each other and together they need to find a new keyword that defines both concepts. They write the new keyword in a new flipchart. The action is repeated until all participants have done it.

Reflection – how was that? Did you work together?

After that, participants/facilitators read the new keywords created.

CONCLUSION: what have you learned? Would you like to find out more about Nomads and be involved in creating a local project?

ACTIVITY SHEET 2

TARGET GROUP: Representatives of sportive and IVS organisations, volunteers, athletes, informal groups of people potentially interested in creating common actions.

MACRO TOPIC: IVS (workcamps) + Sport 4 all

SUBTOPIC: Inclusion, Adaptability/Accessing, Cooperation, Equality

AIM: To raise awareness on the importance of creating common actions on IVS and sport 4 all.

OBJECTIVES:

General: to involve local organizations in the sport 4 all actions (events + workcamps)

Specific:

- to empower the local community
- to identify the local needs in terms of access to sport
- to create opportunities for working together
- to develop a network for long term action

TITLE OF THE WORKSHOP: Make a difference

METHODS

1. Spider web – get to know each other's organisation
2. Balloons – identify local challenges
3. Case study + key terms -introduction to sport 4 all
4. True/ false + presentation – introduction to Nomads + IVS workcamps

DURATION

* total duration: 85 min

MATERIALS AND LOGISTIC

- Pens
- Flipchart
- Balloons
- Post its
- Wool
- Cones
- Tape
- Ball

...indoors (main training room)

DESCRIPTION

1. Spider web – get to know each other's organisation

Aim: to get to know each other's organisation

Description:

- Participants in a circle throw a wool ball across the circle to each other
- Once they get the wool ball they say their name + organisation + introduction of own organisation
- When they finish they keep a part of the wool and throw the wool ball to another participant, creating a “spider web”

2. Balloons – identify local challenges

Description:

- Participants are placed inside an area keeping balloons in the air, when the game is live they can hit each other

-
- When a participant throws a balloon that goes out of the area he/she should go to the flipchart and write down a challenge that exist in his/her local community in terms of access for sports.
 - Once there are enough answers the facilitator stops the game + the whole group should put the post its into categories.

3. Case study + key terms -introduction to sport 4 all

Aim: keyword brainstorming in relation to sport 4 all

Description:

- Participants in a circle pass the ball to each other;
- Each participant, when he/she gets the ball, defines sport 4 all concept giving one name/adjective
- At the end, with all the contributions, a group definition for sport 4 all is created

4. True/ false + presentation – introduction to Nomads + IVS workcamps

Preparation: facilitators write different true and false statements regarding IVS and sportforall, in different post-its or papers, and stick it at the other side of the room.

Description:

- Participants are splited in 2-3 groups.
- teams go in turns of 1,2,3...to the other side of the room to collect a statement then categorize into true, false or not sure
- once all statements have been categorized, a discussion on each one will be done in plenary

Presentation: this is followed with detailed information on Nomads + IVS (workcamps)

Summary – on the main points of the workshops

ACTIVITY SHEET 3

TARGET GROUP: Representatives of sportive and IVS organisations, volunteers, athletes, informal groups of people potentially interested in creating common actions.

MACRO TOPIC: IVS (workcamps) + Sport 4 all

SUBTOPIC: Inclusion, Social cohesion through sports 4 all

AIM: To raise awareness on the importance of creating common actions on IVS and sport 4 all

OBJECTIVES:

- Provide non formal tools for sports training
- Give information about workcamps / IVS

TITLE OF THE WORKSHOP: To Get There

METHODS

- Team building / making competition; NFE (non formal education)
- Visual - open discussion
- Cooperation – team building
- Discussion, sharing information

DURATION

* total duration: 90 min

* duration of each sub-activity you are proposing within the workshop:

1. Introduction 10'
2. Message in a bottle 20'
3. Photofinish 15'
4. Sunwheel 30'
5. Conclusion 15'

MATERIALS AND LOGISTIC

- Post its
- 2 bottles
- cards with sports activities
- pens sunwheel equipment

...indoors

DESCRIPTION

Through the use of NFE methods the workshop will put sport and IVS trainers in front of the possibility to understand how and why sport 4 all can be a tool for improve social cohesion and spread inclusion. The workshop has been designed to be replicated in different territories and focused especially on discussion around sport. The different activities and the result of a mix NFE tools and sportive games that spread a positive competition and focus on different parts of the inclusion theme.

1. Message in a bottle: the activity have the goal to make the participants know the IVS world and understand that the connection with the sport practice can be positive for both fields.

In this activity participants are divided in two teams using post its in two different colors. The post its contain pieces of a sentence, which corresponds to a clue with which the team has to start looking for a hidden object.

The goal is to reach as soon as possible the meeting point with the object found. Teams must move together, all participants must remain attached at least to another member of the group. The two hidden objects are two bottles containing another sheet, with a message: however, none of the two messages will be readable without the other (i.e.: one has all the vowels, and the other all the consonants).

At the end participants reflect on competitiveness and the fact that the discussion with the adversary is always fundamental to grow (not only from a sporting point of view).

2. Photofinish: through a visual approach the activity let the participants discuss on the specificities of different disciplines and how they can be used to spread specific values or skills / abilities

There are different photos or drawings representing different sports on the ground. Each participant chooses one photo representing the sport which he/she knows less or never practiced, and asks the group who among them knows it and can explain it. The person answering should give a description of the sport, as well as the skills required and the values promoted (the other participants can contribute).

3. Sunwheels: thanks to a cooperative competition let all the group together faces the different starting point of different persons (athletes) or communities and let them think how to deal with this.

Preparation: Facilitators write in post-its of 2 different colours (each colour represents the two teams) a disability (example: "do the activity jumping on one foot" or "do the activity walking on your knees like a monkey" or "do the activity blindfolded" or "no disability").

They also prepare the "sunwheel": this is a steel ring (as big as a tea cup) in which there are attached 12 ropes of about 1 meter. Thus, from 6 to 12 people can participate in the game for each sunwheel. At the end of each rope there is a yellow tape that indicates where to hold the rope. At the center of the ring a heavy ball should be positioned (like the bowls one).



Description: participants are given the post-its with their roles and they are grouped in two teams according to the colour of the post-it. Within their team, participants can exchange their post-its-disabilities.

Then they are positioned around the sunwheel (there should be 1 sunwheel per team). Participants of the two teams must hold the rope with two fingers from the yellow tape and lift the steel ring with the ball without dropping the glass. The team must put the ball over the glass placed at the end of the trail "without specifying that they should do it

faster than the other team". If the glass or the ball falls they should start again. They should move according to the role given and altogether keeping a balance. Participants can give indications to blindfolded teammates.

There can be played different matches increasing the game difficulty, for example putting obstacles (like a chair) along the way, or foreseeing that the 2 teams will cross each other in a "x" during the path finalising on the opposite place to that of departure.

At the end there would be a discussion remarking the "team spirit" and the cooperation and inclusion linked to the game.

4. Evaluation: going back individually through the whole workshop an open discussion will be the starting point to reflect on how and why the proposed issue can be a common goal to raise social cohesion.

ACTIVITY SHEET 4

TARGET GROUP: Adults – young people.

MACRO TOPIC: IVS (workcamps) + Sport 4 all

SUBTOPIC: Inclusion, Social cohesion through sports 4 all

AIM: To raise awareness on the importance of creating common actions on IVS and sport 4 all

OBJECTIVES:

- Get to know the Nomads project
- Promote the cooperation among individuals
- Facilitate networking

TITLE OF THE WORKSHOP: Better together workshop

METHODS:

Learning by doing + reflection

DURATION

* total duration: 72 min

* duration of each sub-activity you are proposing within the workshop:

1. Introduction and division in groups 5'
2. Blind Train 15'
NOMADs presentation 10'
3. Couple up 10'
4. Quartet 2+2 12'
5. Reflection 20'

MATERIALS AND LOGISTIC

- Something to cover the eyes
- some tape to fix the puzzles
- a ball
- Flipchart and markers

DESCRIPTION

1. Introduction and division in groups

Preparation: Facilitators write a definition of the NOMADs project on a big paper. The paper is divided in 3 parts (each one should be on a different colour), for 3 groups. After that, each one of the 3 parts are divided into small pieces, creating a puzzle. The number of pieces will correspond to the number of participants of each group + 1. The remaining pieces are hidden in the space outside.

Activity: Some facilitator sticks each piece of the puzzle on the back of the participants while they are in circle and one facilitator is making the introduction. Then participants should find their group by looking on the back of other participants (and making the groups according to the same color of the pieces of puzzle stuck on their own back). Thus, the 3 groups will be created.

2. Blind Train: outside

Facilitators ask all the people of the group except for one to cover their eyes and build a train; then the participant that can see will go to the last wagon at the end of the row. Without speaking, participant who is not blindfolded should find the strategy to guide the train (the people blinded) to the missing pieces of their puzzle that will be placed outside somewhere that can be visible to the participant who is not blinded.

There is one RULE : pushing is not allowed.

Once the group will get the missing piece of their puzzle they should build up their A4 puzzle (which is just a part of the big puzzle divided in 3 A4 sheet -one sheet for each group, being 3 groups). They should be able to understand that the 3 groups should work together after they build up their own A4 puzzle in order to put together the 3 pieces of the big puzzle and read the sentence about NOMADs.

After that facilitator will make a small explanation of what Nomads is.

3. Couple up: division of people in couple

Participants are divided in pairs by using values written on post its. They are asked to close their eyes and they are given the post its. They will have to find the person who received the same value that is written on their own post it. After that they are in couples and each couple has got the name of the value. They will have 3' to choose which one of them will be the one blind and the one mute. They should find the strategy to go to the plenary room together where they will discover what they are supposed to do. Before that they will get a marker from the facilitator.

Inside the room there will be 6 flipcharts on which participants will need to draw a letter (one for "N", another one for "O"... representing the "NOMADS" word). To draw that letter participants will find on each flipchart different dots with a number on each one, that connected in order, will create each letter. To draw it, the blind one of each couple should connect the dots being guided from the other one who is mute.

4. Quartet 2+2

Facilitators will group the couples into groups of 4 people and will ask to switch roles (blind and guides), they should repeat the same task they did before.

They will have 3' to make a plan and 3' to accomplish it.

In the end they should discover the word created so everybody will be allowed to see and discover finally the NOMADs word (about 5')

5. Reflection

- how was the experience and the activity?
- what happened?
- how did you manage to achieve the objectives?
- what strategy did you use?
- how did you felt during the activity?

Conclusion: by passing a ball participants will be asked to describe in a word the workshop.

Annexes

IVS - Workcamps

Volunteering with Alliance: <https://www.youtube.com/watch?v=tptQgzA1dtY> (14min)

This video is dedicated to the short term international voluntary projects, known as "workcamps" the Alliance of European Voluntary Service Organizations organises since 1982 with the vision to promote peace, intercultural understanding and active participation!

Alliance's 50 member organisations in Europe, Asia and America, organise every year approximately 2000 international workcamps within local communities, in which they bring together, on average 15.000 volunteers from all around the world.

"Break the Couch" is a team of young activists and filmmakers. We traveled around Europe, visited Alliance workcamps, spoke with volunteers, local partners, Alliance activists within the life of the network and tried to show you why it is worth "Joining the Wonderful World of Volunteering".

My first Workcamp - Alliance Extras #1:
<https://www.youtube.com/watch?v=-salqxWw5cE> (1min)

Friends for lifetime - Alliance Extras #2:
<https://www.youtube.com/watch?v=Fd-XXjBJ6j4> (1min)

The Local Community and the Volunteers - Alliance Extras #3:
<https://www.youtube.com/watch?v=8SwLt5lGH3w> (1min)