



YOGA
AND
SPORT
WITH REFUGEES

FIELD SPORT CAMPAIGN 2023

2023



#STRONGERTOGETHER

We are **Yoga and Sport with Refugees**, an organization working with refugees and asylum seekers by empowering them to lead and join sport activities.

In order to secure the **field sport rent for one year (€9.000)** we will run a Field Sport Fundraising Campaign! We want to take this opportunity to highlight the importance that sport, specifically team sport, has for those living in uncertainty and poor conditions. **Sport builds resilience and improves mental and physical wellbeing.** We are better when we share our experiences and walk this way together - for more solidarity in sport!

We are always **#STRONGERTOGETHER**

It is important for us to create opportunities for people on the move to **take the lead and encourage** and empower their communities through the power of sport.

Now, we ask you to **take the lead**, in order to help us continue to create opportunities for those impacted by Europe's oppressive migration policies.

We know that we can build **happier and healthier communities through sport** and grow **#strongertogether**

SHARE and EMPOWER your COMMUNITY to become

#STRONGERTOGETHER

CHALLENGE



The refugee "crisis" on the European borders has drastic consequences on displaced people. Many of them face **bad living conditions, uncertain legal situations and a lack of support and structure.** This can have detrimental effects on their mental and physical well-being, further creating a sense of isolation. Local hostility often makes it hard for refugees to safe spaces. They often lack easy, free and positive opportunities to escape the hardships of daily life.

Through the power of sport we can unite and build communities, improve mental and physical well-being and enjoy positive moments. In our three projects in Greece as well as in Paris, we provide free sport courses for and with refugees. **There, they can share their skills, breathe, sweat and become #STRONGERTOGETHER.** With our Field Sport Campaign, we aim to raise the cost needed to cover the rent of the sports fields for one year. Raising these funds will enable us to continue **building happier and healthier communities.**

SOLUTION



IMPACT



In the long-run, doing sport increases mental and physical well-being as well as resilience. This renders it easier to face daily challenges and thus improves a smooth integration process. In team sport especially, contacts are made and friendships are formed. This creates a **network of support and solidarity throughout Europe.** Building a healthier and happier community is necessary to facilitate integration and improve individual help. **Let's share our skills and grow #STRONGERTOGETHER**

HOW YOU CAN HELP!

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Is this something you can help us with?

Then contact our communications coordinator Claude per mail claudes@yogasportwithrefugees.org or on WhatsApp at +49 176 45916427 and check out page 5 of the brochure!



MEDIA FOOTAGE NEEDED

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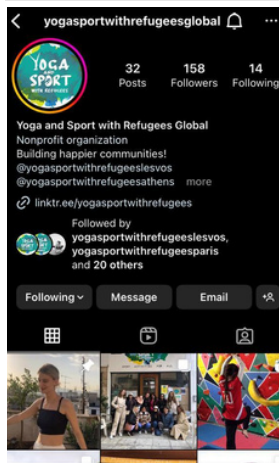
REMEMBER TO SHOOT THE VIDEOS IN HIGH QUALITY AND IN A VERTICAL FRAME



1. ATHLETE INTRODUCTION

For the introductory video of the athlete we need the following shots:

- two to three action shots with the athlete doing an exercise of their sport
- two to three action shots of the athlete doing a gym exercise (push up, squat...)
- an action shot of athlete with their team
- a portrait shot of the athlete introducing themselves with their: name, sport, team, country and something about community-building and skill-sharing and its benefits



2. SPORT CHALLENGE

For the challenge video, we will need two to three action shots with the athlete doing an exercise of their sport

- Portrait shot of athlete asking us to do the challenge as discussed (dribble XYZ times, do as many pull ups, or other specific sport skill)



CARE TO SHARE

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