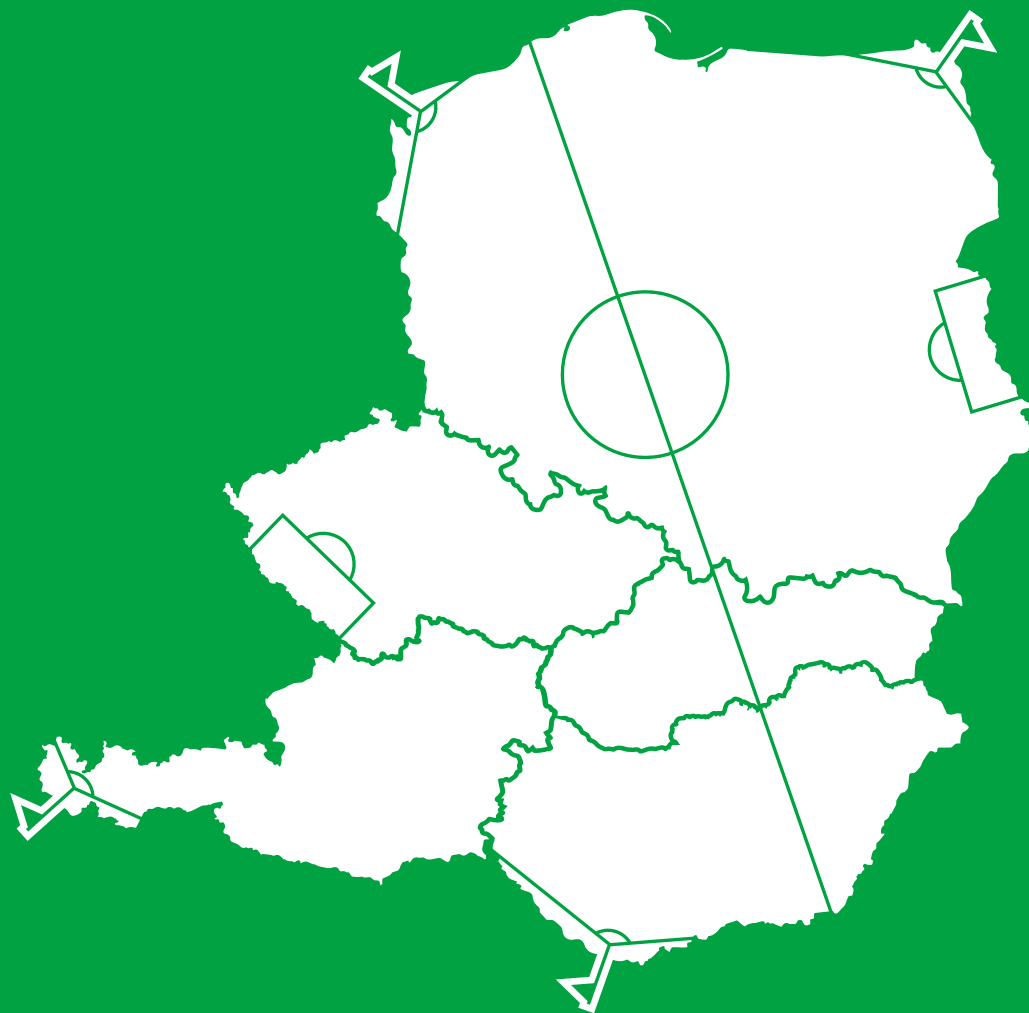


VISEGRAD+ FOOTBALL FOR GOOD 2020—2021



FOREWORD



Timi, Vaclav, Pedro, Patrik, Gabor, Maja, Richard, Ola, Janek, Emre, Shikofa, Afzal are the young leaders from the Visegrad Football for Good project. Despite a challenging period of time, those brilliant young minds have grown together during the course of 2 years firstly online and eventually also offline in Hungary and the Czech Republic. Those young people are the future generation of community leaders. Leaders to whom children and youth will look at. This project was privileged enough to host those young leaders and empower them in becoming even more solidly equipped leaders through a dedicated youth leadership training followed by their very own led event which offered other young people from the Visegrad region an unforgettable multicultural experience. Words can't replace smiles and emotion, nevertheless this brochure will provide you with a feeling for the 2 years of achievements, narrated by Pedro, one of the youth leaders.

OUR MAIN GOALS

As the most popular sport in the world, Football is a great tool amongst the most diverse communities, and certainly it would not be different with participants. The sport allows the youngsters to express themselves, gives them a place of belonging and motive for gathering and to flourish friendship and sense of community.

Having that in mind this project intends to magnify all those benefits of this sport towards, and, through Football3 and other methods that make the football field a place for equality, active participation, healthy discussion, fair play and of course, lots of fun.

This way, we intend to promote reflection and self-awareness, bringing to light a way, through this source of non-formal education, to reduce criminality, possible drug usage and other forms of deviation that young people from certain communities may get into, mostly because of prejudice and lack of opportunities faced by them in an everyday life basis.

Searching for the protection of the minorities, such as the migrants, refugees, Roma community and all sorts of people who live in less fortunate communities living and handling less fortunate situations, the Visegrad + Football For Good project intends to develop those circles. Training Youth Leaders that have direct contact with different people, with different backgrounds, we intend to create possible change makers, giving them the training and tools for that.



By giving the youth a chance to create an international link, meeting groups from diverse countries, focusing on social cohesion we aim to make them increase their international awareness and understanding, creating some community leaders and future ambassadors for the Visegrad region by promoting their learning experience at the international level.

This project is built in a way that youth and youth leaders are given great ownership and responsibilities in the activities proposed. Through all the described ideas we can be proud to say that we've established training and educational activities, generating intellectual and physical development in every participant of the program. Certainly a development to be shared with the many vulnerable populations that our NGO's constantly work with, and, through football, fight discrimination, violence and poverty.

TRAINING AND EVENTS

BALATON LAKE, HUNGARY, 16 TO 21 OF AUGUST 2021:

After months and months of preparation, online meetings, planning without being completely sure if things would actually happen the date finally arrived.

In August then, with the COVID situation offering a window of opportunity to meet, the Youth Leaders, coordinators, coaches and players were finally allowed to head to Balaton Lake for a series of trainings, team building practices, lectures/workshop activities and of course, our main event, the Visegrad Fair Play Football 3 tournament, with participants from Hungary, Poland, Czechia and Austria.

The initial part of the program consisted in a series of practices and training to prepare Youth Leaders from those countries to the following challenges, preparing the format of the tournament, also developing personal and leadership skills. One of the main focuses would be the preparation of mediators for the tournament to come and from there, for the following local or international events to come.



So after some days of training and one day of preparation for the tournament, the event day arrived and was a success. The leaders took care of all the preparations, announced tournament main rules and draws, and finally after the opening ceremony, the matches. 5 teams (Austria, Czechia, Hungary, Poland and one extra team with coaches and coordinators) that would all face each other using our partner's Oltalom football 3 methodology.

With past experience in Football 3, the participants gave us a real Fair Play show. The matches went on during the whole day, the mediators did a great job, the players were mostly proactive, enthusiastic, satisfied and the most important of all, fair!



By the end of the day the Czech team, by a narrow margin came out victorious, and the Austrian team won the Fair Play trophy, being the team that gathered the most fair-play points together with Czech Republic and voted by most leaders as the fair play team of the day!

So happily, after our ending ceremony and after all the awards were properly distributed, our team finally could have a feeling that the job was finished and well done.



ČESKÝ DUB, CZECH REPUBLIC, 20 TO 26 OF SEPTEMBER 2021:

Not long after the previous event, another one came! In the Czech Republic this time. This event was originally scheduled for 2020, but due to the pandemic situation it could not be done before.

With a new format now, this Visegrad training followed by the tournament was fairly different than the last one. 7 teams took part, 4 from the Czech Republic, 1 from Hungary, 1 from Poland and 1 from Austria. The tournament was combined with the Czech national finals, so we had teams from different regions of the country playing as well and showing a large cultural diversity

The event was preceded by a training for Youth Leaders during 4 days with several practices, tactical learning, different activities in order to promote a bigger cohesion in between the participants and also for the leaders and yet to be, mediators put in practice when the delegations arrive with the players.



Mediation theory was mixed with field activities and some practical match possibilities, information about time management and also event management was given and at the end of the week, the leaders were finally able to deliver it. By the 24th September the delegations arrived and everyone was already prepared for the tournament on the following day.

With a huge amount of participants, coaches and mediators we finally started the event during the morning of the 25th. Every team would play 6 matches, 21 in total on 2 pitches. Almost 100 participants in total!

Besides a few setbacks everything went on for the whole day without major problems. The players were extremely interested and if it was up to them they would continue to play even after all the matches were realized. After the tournament ended we had to ask every delegation to give 3 extra fair play points to other teams, those could be divided any way they wanted, reinforcing the importance of fair play in our tournament.



After a night counting the points and checking the tournament details we had our award giving ceremony the next day. We finally closed our successful week and we had 3 different winners. The Polish team held the title of the overall tournament winner, the team from Pilsen got the title for most Fair Play team and Olomouc won as the overall Czech winner.

During this week alongside with the leaders, partners and players, we were able to demonstrate the potential of football, bringing to light notions of discipline, social gathering, and of course the importance of the sport, cohabitation and multiculturalism for social cohesion.

Our team and partners know the importance of non-formal education through sport, such as this training, alongside the already known Football 3 methods are of great importance to the leaders and certainly to players from the most different backgrounds. In a safe and stimulating environment, the participants can develop human and professional skills such as responsibility, cooperation, mutual respect, trust and self-confidence, organization at the same time as they improve their football/ sportive and physical capacity, helping them either physically and mentally. Making and hopefully continuing to make our events even more meaningful and successful in the future.

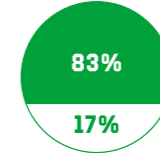


IMPACT / HOW TO MAKE A CHANGE /

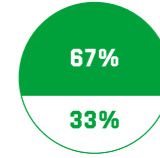
BY YOUTH LEADERS



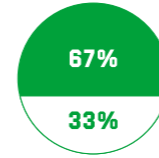
100% of respondent youth leaders declared that they would recommend this training program to another person.



83% of responding youth leaders fully agree and 17% agree that they are now better equipped to be a youth leader.



67% of responding youth leaders fully agree and 33% agree that training supported the team cooperation and cohesion.

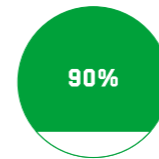


67% of responding youth leaders full agree and 33% agree that the training kept them engaged and motivated.



50% of the responding youth leaders fully felt and 50% felt that their work contributed to the positive experience of the participants

BY COACHES



90% of respondent coaches reported that they fully agree that the event had a positive impact on their players.



100% of respondent coaches were satisfied with the organization of the event.

QUOTES



ALEKSANDRA MATERAK
/ 18 / YOUTH LEADER

„This project taught me to work together and that each of us can succeed through hard work. It was a great experience for me and an opportunity to discover new cultures and friends.“



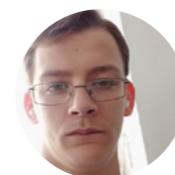
GÁBOR LAJTÓS
/ 18 / YOUTH LEADER

„I love football. As they say, I grew up with the ball, pretty well this means all the world for me. Actually, football is the source of all my happiness in life.“



DÓRA GOTTGEISL
/ 39 / PROJECT LEADER

„This program means that we have a chance to showcase our work and learn from other NGO's on the same field, working with people from the same target group. It is also an opportunity to see how our participants, my colleagues, players, deal with situations that they have never seen before. This way we think youth leadership is very important in order to sustain our organization, and we need them to one day become the future leaders also in our NGO's.“



RICHARD HUŇKA
/ 19 / YOUTH LEADER

„I have a lot of things that are very important to me, an example is my English. Before the program I had not so good english skills now I am very good at this. Also I met a lot of people from many countries here which is something great. Football is a chance to find new people, improving social and language skills.“



TÍMEA TURCSIK
/ 26 / YOUTH LEADER

„In the field everyone is equal, no matter who you are, no matter where you came from and what language you speak.“



AFZAL HASHEMI
/ 22 / YOUTH LEADER

„It is a great opportunity to know new cultures and it helps to improve your self confidence, soft skills and so on. I am enjoying everything. The program made me try to improve myself, know what I want to be in the future, and improve my personality.“



BEATA MIERKOWSKA
/ 32 / PROJECT LEADER

„Participation in the project was important for me, but also for the people we work with (Young Leaders), because in the network of the Visegrad Group countries we have a bit of a common history and now we work in a similar scope but a little different and we can learn from each organization. This is very valuable, I think, for both parties.

The football3 method is very important because, through a fairly easy tool like football, we can teach young people social values such as, for example respect for others, cooperation, and honesty. The acquired skills can then be translated into everyday life.“



EMRE ALAN
/ 21 / YOUTH LEADER

„Football3 makes a person conscious about fair play.“



COACH:

“Our players had to learn to communicate with others and they did it! At the end, they were able to enjoy activities with foreign players, they left the event with motivation to learn English. Also they learned how to show respect during match discussions. For many of them it was their first time abroad and they were thankful for this opportunity.”

“This event had a big positive impact for the players. For a few of them it was the first international Football for Good event. They were involved in the program and participated actively. They learnt a lot because They met new people and foreign culture also. That gives them a huge social experience.”

“My players are now more self confident, communicative and have reduced their stereotypes”

“I saw very positive Energy in my group after the tournament.”

YOUTH LEADER:

“It was a great week for me. We laughed, learned and suffered together. We managed to overcome issues as a team.”

PLAYER:

„We spent together great days. It was actually my first football experience, unforgettable memories. Everyone played so well. At end I even got to go to eat at an Iranian restaurant for the first time after 10 years. It was fun.”



CONSORTIUM

FOTBAL PRO ROZVOJ

Fotbal pro Rozvoj (Football for Development) is a program of INEX-SDA, an NGO based in Prague, Czech Republic. The project coordinates a wide platform in the Czech Republic whose ambition is uniting a certain number of initiatives, programs and organizations under one common flag, with the same goal - to use football for good purposes.

Football for Development aims to take mostly youngsters from more socially challenged backgrounds and through football and non-formal education intends to support them and improve themselves, in and outside the football pitch.

Their main methodology used by Fotbal pro Rozvoj is Football3, a different approach to football that instigates the critical sense of the players and helps them improve their discussion and argumentation skills. It is called Football3 because through communication and cooperation the players set the rules of their matches (1st half), play the match without a referee, only a mediator that facilitates but does not judge or make decisions (2nd half) and then discuss the rules and the match itself in the end, with the mediator's help, who does not intervene but rather encourages the players to discuss the rules, the match challenges, doing an evaluation of the whole game (3rd half).

Cooperating with low-thresholds clubs, social services, youth clubs and leisure centers time they promote the Liga Férového Fotbalu (League of Fair Play Football), joining teams from all around Czechia and raising awareness all around and teaching the participants that the football is much more than just results.



MSIS

Founded in 2009, MSIS set out to help young people better themselves and reach their potential through the power of football. The organisation has a team of professionals who provide a place for young people in the community to play football and work together. MSIS creates opportunities for young people to gain vital job skills that open up opportunities for them. They also run sessions with mixed-gender teams to champion gender equality as well as engage more girls in football.

In addition to this programme MSIS has created the Futbol Zmienia Project, a safe space where football is used for social change. This space was created to help young people who are struggling with problems like addiction, crime, violence, disabilities, and homelessness.

In the town of Mrągowo more than 500 families are at risk of social and economic exclusion. Young people in this area have a high rate of long-term unemployment and high rates of drug addiction. MSIS uses the power of the beautiful game in order to make a difference in this community.



OLTALOM

Young people in Hungary face a number of challenges growing up with high rates of youth unemployment and limited access to higher education, which often result in drug and substance abuse.

Operating in the spirit of fair play, tolerance and social inclusion, Oltalom Sport Association has been using sport as an innovative educational tool for more than 10 years, providing the opportunity for hundreds of people yearly to flourish both mentally and physically in their free training sessions.

The organisation uses sport to involve participants in other areas such as social work, job training, further education and learning English. Oltalom believes that regular physical exercise and teamplay not only improves health and reduces tendencies leading toward drug abuse, it strengthens the sense of community and belonging.



KICKEN OHNE GRENZEN (KOG)

Refugees and asylum seekers in Austria face challenges integrating into society through restrained access to employability, compounded by language and cultural barriers. Close to 11% of people between the ages of 15 and 24 are classified as either in education or employment.

Kicken Ohne Grenzen (KoG) emphasizes the role of the “common language” of football in closing communication gaps between communities to facilitate integration. The organisation offers open football programming for young people from disadvantaged communities, allowing them to participate in free training programmes and gain cultural familiarity through an informal environment. KoG leads weekly training sessions for children and young adults with a refugee background, incorporating educational programmes and promoting life skills to enable participants to take control over their lives in an unfamiliar environment, as well as providing job training.





POPULATION

1 300 000

OFFICIAL LANGUAGE

CZECH



AREA

496 KM²

Prague is a worldwide known city and touristic destination. Filled with history and cultural sports the center of the city has been included in the UNESCO list of World Heritage Sites. Prague is the biggest city of Czech Republic, situated in the Vltava River and also of the most important cities of Central Europe.

In terms of football the main football Clubs in the city are AC Sparta Prague, SK Slavia Prague, Bohemians 1905 and FK Dukla Prague.

*

One curiosity about Prague that only a few people know is that Prague Castle is the largest in the world, recognized by the Guinness Book of World Records. It has 30 metre wide and 70,000 square metres of land. Something that also get people's attention is that Prague locals consume the most beer per capita in the World! Quite an accomplishment, right?

POPULATION

1 900 000

OFFICIAL LANGUAGE

GERMAN



AREA

415 KM²

Vienna, known as “the city of music”, due to its classic music heritage, is considered one of the main cultural centers of the whole world. Our guest of honor in the list, is the biggest, most important and also the Capital city of Austria. Before the dissolution of the Austrian-Hungarian Empire it was the biggest German Speaking city in the world and its city center was also designated a UNESCO World Heritage Site.

In terms of football the main football Clubs in the city are FK Austria Wien and SK Rapid Wien.

*

One curiosity about Vienna that only a few people know is that the city has the World’s oldest and still opened ZOO (Built in 1752). Besides that, one other curious thing is that the French croissant originates from Vienna. Yes, they were created based on an Austrian pastry called Kipferl.

POPULATION

1 700 000

OFFICIAL LANGUAGE

HUNGARIAN



AREA

525 KM²

Budapest, the Hungarian capital, built around the Danube River is the fusion of 3 different cities: Buda, Pest and Óbuda. It is the biggest and most populated city in the country. It was the co-capital of the Austro-Hungarian Empire, before Hungary become its own country. Its central area, around the Danube is classified as a UNESCO World Heritage Site, having really large and imposing constructions such as the biggest synagogue in the world and also the biggest parliament of Europe.

In terms of football the main football Clubs in the city are Ferencvárosi TC, Budapest Honvéd FC, MTK Budapest and Újpest FC.

*

One curiosity about Budapest that only a few people know is that Budapest has more thermal water springs than any other capital city in the world. Another curiosity is that no building in Budapest is taller than 96 meters, merging development with history.

POPULATION

1 800 000

OFFICIAL LANGUAGE

POLISH

WARSAW

AREA

517 KM²



Warsaw is a beautiful, historical city built around the Vistula River and also one of the biggest capitals of Europe. It is the most important city of Poland and Warsaw's historical Old Town was designated a UNESCO World Heritage Site.

In terms of football the main football Clubs in the city are Polonia Warszawa S.A. and Legia Warszawa SA.

*

One curiosity about Warsaw that only a few people know is that the city gained the new title of Phoenix City because of its complete reconstruction after the Second World War, which had left over 85% of its buildings in ruins.

POPULATION

424 428

OFFICIAL LANGUAGE

SLOVAK

BRATISLAVA

AREA

368 KM²



Bratislava is a charming city, filled with culture and also the capital and biggest city of Slovakia. It is situated on the Danube river, in the southeast of the country.

In terms of football the main football Clubs in the city are ŠK Slovan Bratislava, FC Petržalka Akadémia and FK Inter Bratislava.

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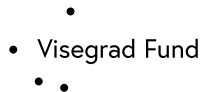
One curiosity about Bratislava that only a few people know is that the city is the only capital in the world bordering two countries (Austria and Hungary), only 60km away from the Austrian capital.

We thank all the partners for their cooperation on this project and wish for a successful follow-up as we look ahead to further enhance the Visegrad region in the field of sport for development.

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