



#60 OPEN THE DOOR TO THE SPORT EQUALITY

Developed by: Erasmus+ project – European Commission

Year and country: 2015, Spain, Czech Republic

Type of project: Youth Exchange

<http://ec.europa.eu/programmes/erasmus-plus/projects/eplu-project-details-page/?nodeRef=workspace://SpacesStore/21d86869-7d12-4662-b8dc-caa746ac0a3a>

Synthesis of the case study

The aim of the project was to make aware the participants between 15-17 years old from Lora del Río and Frydlant, and the indirect beneficiaries of the project, about the importance of the gender equality in the sport developed in a local level.

Context and approach

They have verified that women have more difficulties to develop a sport and they suffer the consequences of discrimination and inequality in sports; this situation is the origin of the idea of the present project which has been designed for a young group of the village. Participants: 32 youngsters (16 from Lora del Río, 16 from Frydlant).

Objectives / Challenges

General aim: To make aware the participants between 15-17 years old from Lora del Río and Frydlant, and the indirect beneficiaries of the project, about the importance of the gender equality in the sport developed in a local level.

Specific aims:

- to train participants about gender equality, specifically in physiological and social equality for the practice of any sport independently of the sex;
- to generate spaces for the reflection with participants and indirect beneficiaries related to the importance of the gender equality in the local sport, specifically in the adolescence period;
- to demystify and to deconstruct the stereotypes about gender inequality that internationally have been assumed as real and justify and reproduce the gender inequality in the field of sport.

Target

Youngsters from the region where the project is applied.

The deliverable (What did they do specifically?)

Main activities were following: the participants learned about presentation dynamics. In practice, each group prepared a video or presentation of their own group, linked to the topic of equality in sport. Secondly, how to pursue equality: practicing many sports (football, basketball, handball, baseball, badminton, American football, tennis, hockey, aerobic etc.), taking turns with different sports and mixed groups. The youth exchange featured workshops about analysis and awareness-raising: how to develop dynamics, participative workshops about the topic in mixed and international groups resulting in change of minds about stereotypes, gender and associating sports with particular sex. They covered multiple topics, i.e gender roles: what is it like to be men and women in different historical times and cultures; how does pop-culture represent gender roles. Participants learned how to disseminate campaigns by interacting with people and using various tools (social media, banners, badges). Through interviews with local people and local athletes, they were able to share experiences and opinions. Using role-play debates and various presentations, participants were encouraged to think about the topic of gender equality more broadly.

Key learnings / Questions to think about

Young people became more aware about the problem of inequality in sport, and they were able to prevent this type of discrimination in the future and to identify when there are cases of discrimination because of the gender in sport. They developed new abilities and skills to communicate themselves and their ideas in a foreign language. Partnership institutions had a strong link to develop more projects in the future. And their technicians learnt more about how to develop an exchange project. In a long term, impact will be that youngsters will have a formation about the gender discrimination in sport and they will be able to change this situation if they watch it. They will have an interaction in sport more equitable and a better perception about gender discrimination and inequality in sport and they will be able to make aware themselves and others youngsters.

Contact information

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