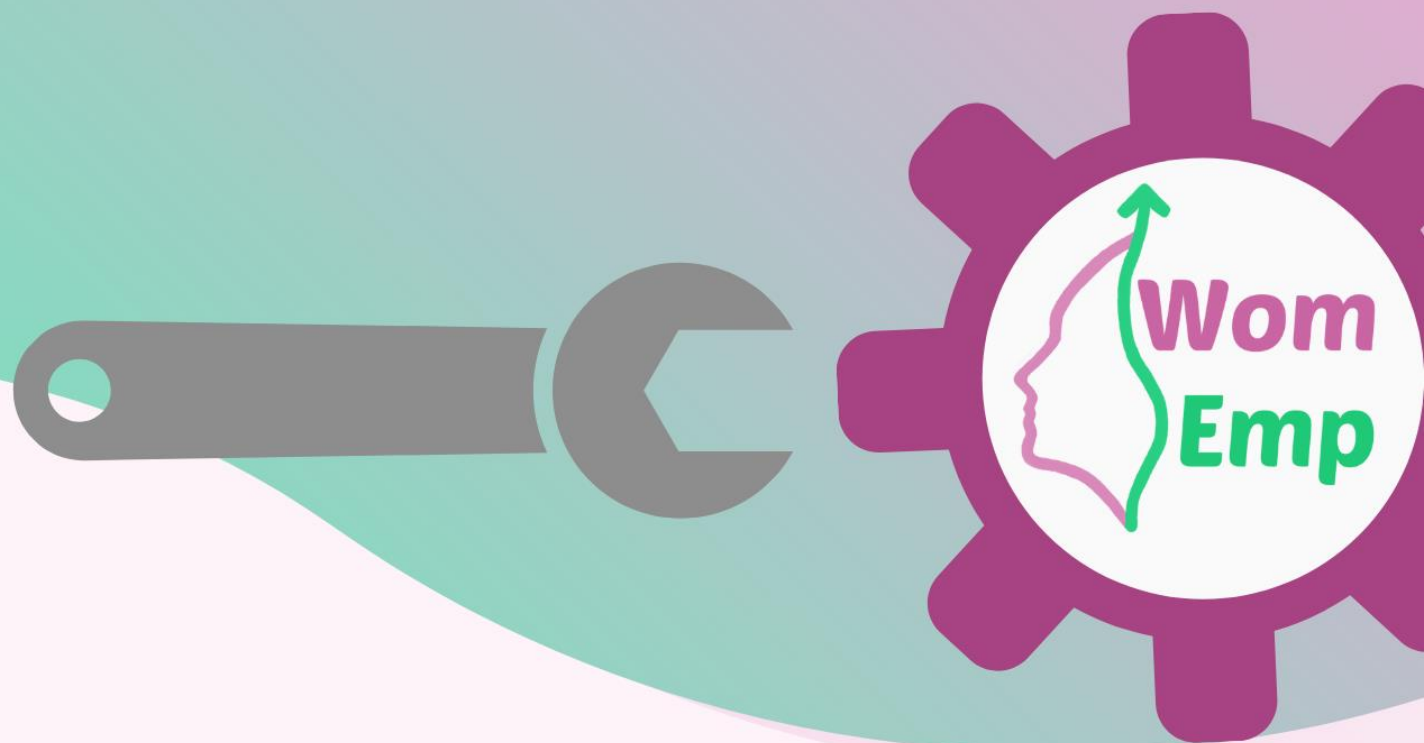




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TOOLKIT IN PRACTICE



Application of the **"Toolkit for women empowerment and methodologies to promote gender equality in sport"**, collecting tools and Workshops for Women Empowerment and the promotion of Gender Equality in Sport, created by the partner organisations of the Erasmus+ project **"Sport Power: Promoting Sport for Women Empowerment"** in **Italy, Romania and Spain**.

TOOLKIT IN PRACTICE

The **Toolkit in practice** was created in October 2021 in the frame of the project **“Sport Power: Promoting Sport for Women Empowerment”** (613468-EPP-1-2019-1-IT-SPO-SSCP), co-funded by Erasmus+ Programme of the European Union and coordinated by Travelogue Associazione di promozione sociale (Marsciano, Italy).

Visit the website: <https://wom-emp.eu/>

PARTNER ORGANISATIONS:

- **TRAVELOGUE ASSOCIAZIONE DI PROMOZIONE SOCIALE (MARSCIANO, ITALY)**
- **ASD TREVI VOLLEY (TREVI, ITALY)**
- **LICEUL TEORETIC “EMIL RACOVITĂ” (VASLUI, ROMANIA)**
- **ASOCIACIÓN INICIATIVA INTERNACIONAL JOVEN (MALAGA, SPAIN)**

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INTRODUCTION

After the creation of the **“Toolkit for Women Empowerment and Methodologies to promote Gender Equality in Sport”** each project partner implemented the workshops created at local level, in each country of the consortium, with their target groups.

In July we then carried out the International Seminar of the project in Italy (Trevi, PG), with participants from Italy, Spain and Romania.

Each organisation contributed in the seminar, organising and facilitating one workshop of the **“Toolkit”** or inserted in the **“Analysis of the equal opportunities situation and good practices for gender equality and women empowerment”**. The aim was to put in practice the workshops and tools previously created and applied in a first phase only at a local level, in an international context, involving participants with different characteristics and competences and coming from different European countries.

In this **“Toolkit in practice”** you will find the reports of all these activities carried out, with feedbacks from the participants and suggestions for improvements or adaptations.

1. WORKSHOPS IN EACH COUNTRY

1 vs 1

CARRIED OUT BY: TRAVELOGUE ASSOCIAZIONE DI PROMOZIONE SOCIALE (MARSCIANO, ITALY)

The workshop was carried out on April 10th, 2021, through an online platform for videoconferences.

Description of the activity and adaptations:

Valentina Mastrini from Travelogue APS implemented the workshop 1vs 1, inserted in the Toolkit.

It consisted in a double interview, carried out with one woman and one man, two athletes, players of five-a-side football teams. The interviews have been recorder through an online videoconference platform, because of Covid regulations that were limiting the trips and meetings.

We chose to involve two players of the same sport, usually considered as a "male" sport.

At the beginning of the activity, a brief presentation of the project, the objectives of the activity and the methods of recording the interview were made.

The interviews were recorded separately, using the same questions.

Then we created a video of the interviews including the questions and the answers of both participants, to facilitate the comparison. We added subtitles in English to the video.

Participants:

The participants were 2 players of five-a-side football, one 29 and one 32 years old.

Impact and evaluation:

While answering the questions, the participants were led to reflect on important issues, such as gender differences and stereotypes, and on any obstacles or barriers they may face. It was an opportunity to help them reflect on topics that they might not have had the occasion to address.

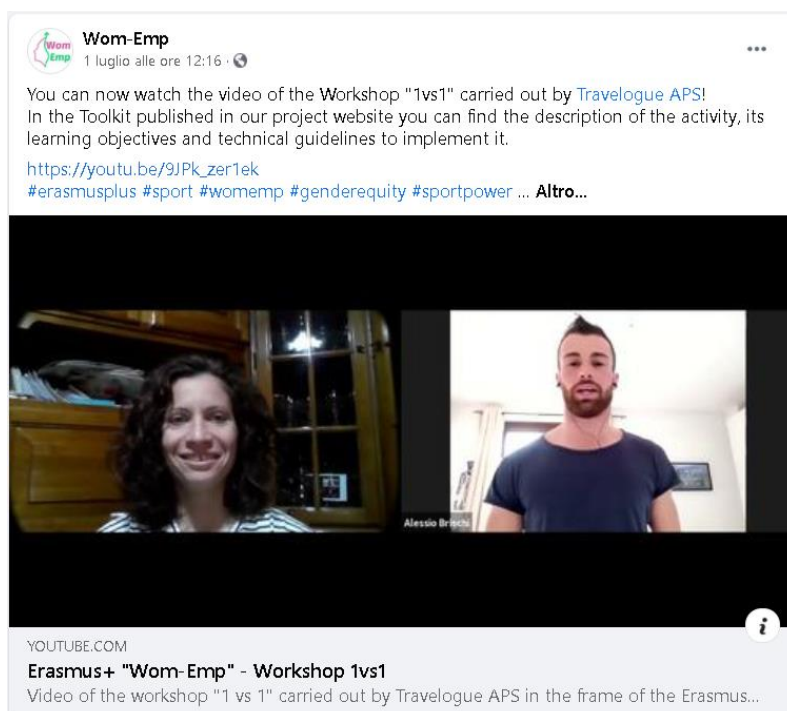
At the end of the recording of the interviews, a brief reflection was made on the topics covered.

Erasmus+ program and project visibility:

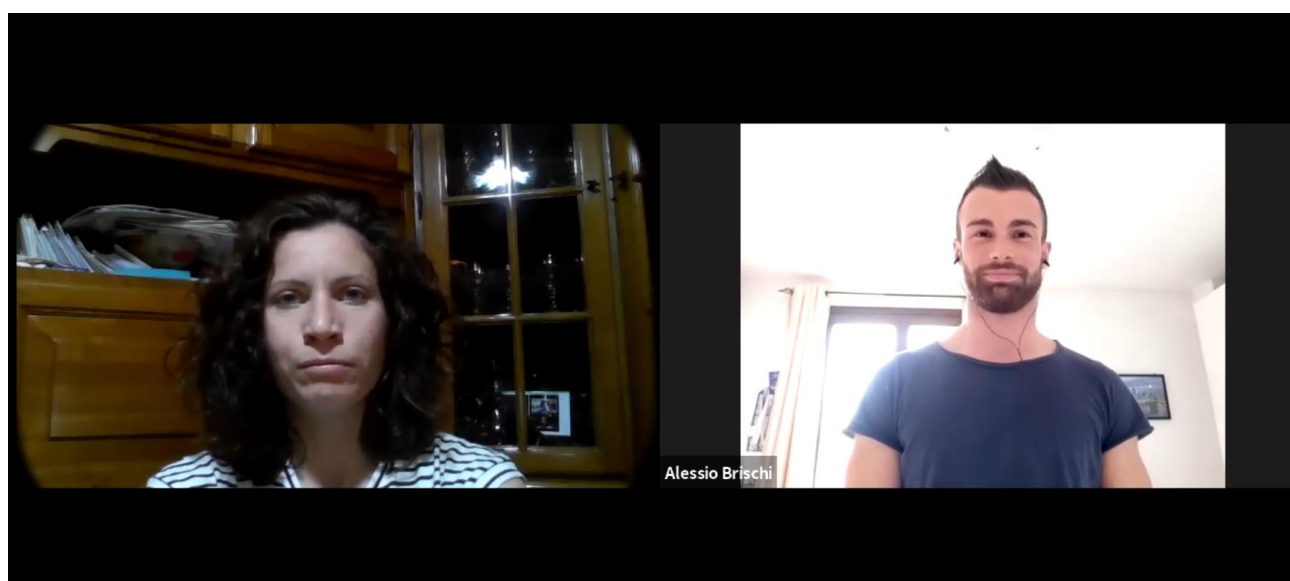
To give visibility to the project and the Erasmus+ program, we presented them to the participants before the interviews. The logos of the project and of the Erasmus+ program have been inserted in the video at the beginning and at the end.

Event visibility:

The event was not public, the video recorded was then published on YouTube and shared in the social networks of the project and of Travelogue.



Photos:



Video:



1 VS 1

CARRIED OUT BY LICEUL TEORETIC "EMIL RACOVITĂ" (VASLUI, ROMANIA)

The workshop was carried out on 17 March 2021 in the "Emil Racoviță" High School Gym.

Description of the activity and adaptations:

Two students with remarkable results in the world of sports (handball), answered both the same questions regarding their achievements and expressed their opinions concerning the equal chances of men and women in the field of sports. Though their answers they were an example for other teenagers to practice sports.

No adaptation was needed, the interviews were carried out as established.

Participants:

Two students of the school, one girl and one boy.

Impact and evaluation:

After the interview a free discussion took place and all participants agreed that there are stereotypes of which we are not aware, that we should break false images by proving through sports that both genders can practice the same sports and have brilliant results.

Erasmus+ program and project visibility:

We are interested in promoting the values and the objectives of the Erasmus + Programme and of the project. We assured the visibility of the project within the school by making a roll-up of the project containing the main objectives, the partners and some photos and it is placed where teachers, students and guests can see it. Periodically, we update the webpage of our school with information and news about our project. Workshop activities, the interview, photo gallery are updated constantly.

Event visibility:

An article was shared in the website of the school: <http://lervs.ro/local-activity-2/>

Social networks:

https://www.facebook.com/permalink.php?story_fbid=10219948532039447&id=1106624033

Article:

<https://www.vremeanoua.ro/liceul-teoretic-emil-racovita-implicat-intr-un-proiect-important-alaturi-de-institutii-din-italia-regatul-unit-si-spania/>

Link to the article, photo gallery and video: <http://lervs.ro/local-activity-2/>

Photos:



TREASURE HUNT

CARRIED OUT BY A.S.D.TREVI VOLLEY (TREVI, ITALY)

The workshop was carried out on 18 October 2021 in the Sport Hall of Trevi.

Description of the activity and adaptations:

Initially, before starting, we explained all the activity to the girls. Then we divided the athletes into three teams. A group leader was chosen at random for each team. Once the leader was chosen, the girls were told that the sports director and the coach would be the ones who would help them in any eventuality. Once the teams were divided inside the building, the girls were given the starting clue: answer the questions related to the sport in the shortest possible time. Once all the questions were answered, they went in search of the second clue which was located in the gym near the building. Once they found the second clue to be able to find the next, the girls had to overcome athletic challenges in the shortest possible time. The third clue was located in their locker room. Having found the third clue to find the fourth they had to overcome exercises of mutual trust. The fourth clue was located inside the referee's seat. To find the final clue, the girls had to focus each on their own team, find the strengths / weaknesses of their companions and have the courage to say it without fear. At the end, only one team was able to tackle all the clues in the shortest amount of time.

At the winning team was given the opportunity to train the others together with the coach for a day, in order to understand the main rules of leadership.

Carrying out the activity was not very difficult. We certainly had to adapt the treasure hunt to the new directives for preventing the spread of Covid-19, but the only difference (from what was planned) was the use of masks and the hygiene of the hands after using the materials and contact with the other girls. In addition, the athletes who participated in the activity are all with the green pass, this gave us the opportunity to do it inside the sports hall.

Participants:

TOTAL NUMBER OF PARTICIPANTS		WOMEN		MEN	
28		27		1	
AGE OF THE PARTICIPANTS:					
≤ 18	19-30	31-40	40-50	≥ 51	
27			1		

The activity was carried out by the girls of the under 16 and of the D series of the trevi volley. The athletes are between the ages of 15 and 18. They have all been playing volleyball for many years and they are completely integrated into the society of Trevi Volley. The treasure hunt was carried out only by the athletes, so that they completed the essential purpose of the activity we proposed, namely: Develop thinking skills / Develop sports skills/ Being able to work with both males and females equally.

Around the girls during the activity there were the sports manager as a referee, the coach as an observer and the physiotherapist as a photo reporter. The sports manager, the coach and the physical therapist were the ones who created the whole activity and placed the clues.

Impact and evaluation:

The girls were very satisfied with the proposed activity. Answering questions allowed the girls to exchange

ideas and to know how to listen to others. The game of the basket made them develop competitiveness and teamwork. The games of trust made them have complete trust of their teammates. Looking for clues brought them together and they had a lot of fun. With team activity, they have had the opportunity to understand the role of the leader but above all how to work well as a team to achieve a goal. The volleyball club has found the activity very stimulating and useful and it will certainly be used again in the coming years.

Erasmus+ program and project visibility:

As Trevi volley we have given a lot of visibility to the project as we have hosted two activities dedicated to it in our city. In sponsoring these activities we have involved social media and online articles. With the territorial activities we have made the project known to the whole sports club and to the institutions of our territory.

Event visibility:

Photos:

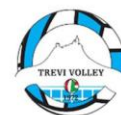


LOCAL ACTIVITY





INDIZI



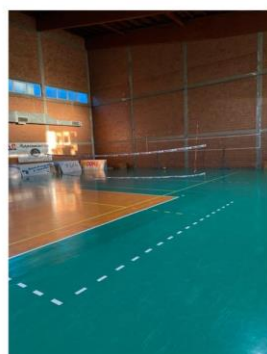
LE SQUADRE



IL QUESTIONARIO



PALAZZETTO



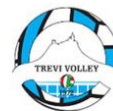
RICERCA INDIZI



IL CANESTRO



GIOCO FIDUCIA



3 M - MUSIC, MOTIVATION, MOVEMENT

CARRIED OUT BY LICEUL TEORETIC "EMIL RACOVITĂ" (VASLUI, ROMANIA)

The workshop was carried out on 17 March 2021 in the "Emil Racoviță" High School Gym.

Description of the activity and adaptations:

The two teachers of physical education put into practice, in turn, the activities in the workshop proposed by our school- 3M- Music, Movement, Motivation. During this activity, the students used the sports materials purchased within the project. The objectives of the activities were all fulfilled (development of general coordination capacity, aesthetic and creative sense, ensuring the pleasure of rhythmic movement and dance; toning specific muscle groups, improving suppleness, muscle elasticity and mobility; gaining collective identity, a favourable mental state; awareness of the need for fair play in group collaboration and team spirit development). For the icebreaking activity, they used "Reverse order" and "Follow the leader". The aerobic exercises were much enjoyed by the students and they were adapted to the group age level and needs. The feedback was positive, the students were actively involved. The students and the teacher sat in a circle and discussed the completed activity. Students were asked if they had managed to overcome their physical and mental limits, they were asked to express their opinion about how energetic the activity was, if they would recommend these exercises to friends, how they felt as a leader and as an executor and to characterise (by a word or expression) the value of the group.

In general, the workshop was applied as described in the toolkit. The students had to deal with the distancing caused by Covid and to wear masks which is not very comfortable during effort. Some exercises were modified in the attempt to diminish the effort made as a request because of the pandemic situation.

Participants:

TOTAL NUMBER OF PARTICIPANTS		WOMEN		MEN	
190		100		90	
AGE OF THE PARTICIPANTS:					
≤ 18	19-30	31-40	40-50	≥ 51	
180	2	2	6	0	

The participants involved were 190, 100 women and 90 men, mostly students aged under 18 and the teachers. The people involved in the activities were in general students taking part in their sports classes. They worked under the guidance of their two trainers. Many other teachers in our school participated in the workshops proposed within the project, being supporters of the values promoted by the project, among which women empowerment through sport.

Impact and evaluation:

All the participants in the activities expressed their satisfaction during and after the reflection step, using key words to encourage the team and to evaluate the cohesion made during aerobics exercises. The leaders that coordinated the exercises expressed their pleasure in being a leader or the difficulty they felt when coordinating the group. In the end, all of them found taking part in such an activity very enriching. They were aware of the potential of each team member and of the importance of being a team.

Erasmus+ program and project visibility:

We are interested in promoting the values and the objectives of the Erasmus + Programme and of the project. We assured the visibility of the project within the school by making a roll-up of the project containing the main objectives, the partners and some photos and it is placed where teachers, students and guests can see it. Periodically, we update the webpage of our school with information and news about our project. Workshop activities, the interview, photo gallery are updated constantly.

Event visibility:

An article was shared in the website of the school: <http://lervs.ro/local-activity-2/>

Social networks:

https://www.facebook.com/permalink.php?story_fbid=10219948532039447&id=1106624033

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Photos:





A WORLD THROUGH PURPLE GLASSES

CARRIED OUT BY ASOCIACIÓN INICIATIVA INTERNACIONAL JOVEN (MALAGA, SPAIN)

The workshop was carried out on 14th April 2021 at the office of Iniciativa Internacional Joven (Calle Aristófanés 4, 1º1 – Málaga).

Description of the activity and adaptations:

We started the activity with a name game where participants had to go to the centre of the circle, say their name and make a movement they like and then we had an energizer called “earthquake”.

Afterwards, the main activities of the workshops began. Firstly, we had two big posters on the floor, one representing a woman dancer and the other one a man dancer and many papers with words that participants were not able to read as papers were upside down. Each participant had to take 3 papers, read them quickly and place them on the top of the drawing they wanted. All the words were related to gender roles and stereotypes. Once finished, we asked participants for feedback and what they were thinking about the exercise. It was interesting to check that some participants understood the aims of the exercise while doing it, whilst others only at the end. After that, we asked participants to explain concepts (for example: equity, equality, feminism, patriarchy, sex, gender, etc.) that can be misunderstood or are used with a wrong definition. Among all participants we built the knowledge, clarifying these terms and debating about our society.

Then, we asked participants to choose a word from the previous exercise and write it on small paper we gave them. We divided participants in small groups and each group had to create a choreography or some kind of play using the words written on the papers. We gave them some preparation time and then they showed it to the other participants.

Finally, all sitting in a circle, each participant took the paper and after reading the word could decide if she wanted to keep it or to break it, if it was something negative that we don't want in our world; breaking it it was a symbol of destroying this kind of label we have in the society. After the debriefing where participants could express how they felt during the workshop, we had an evaluation where participants had to move into the space according to their satisfaction.

The workshop and its activities were based on the workshop “A world through purple glasses”, created by Asociación Iniciativa Internacional Joven for the toolkit. However, some small adaptations were needed:

- As participants partially knew themselves, we had only one name game, instead of the proposed two;
- As a safety measure against Covid-19, we replaced the use of balloons with pieces of papers. Instead of inflating the balloon and writing the word on it, each participant wrote it in a small paper and at the end instead of blowing her balloon up, she had to cut it in small pieces.

Finally, concerning some suggestions for facilitators or other organisations, we can mention:

- For the exercise where participants have to keep a word related to gender roles, we can add some kind of relay race so participants have less time to think between taking the paper, reading it and deciding where to place it.
- During the last exercise, participants wrote on the papers words that according to each person could have a negative or positive meaning. For this reason, at the end of the workshop we didn't ask to break it all, as planned in the Toolkit, but each participant had to think out loud and decide if she wanted to keep it or break it according to the meaning they gave to the word.

Participants:

The participants involved were 12 women in total, mostly under 30 (11) and one aged 31-40. They were youth workers and higher education students in the field of education (pedagogy, social work, social education and psychopedagogy). All these students are also interested in sport and how to use sport as a socioeducational tool. We had also some sports professionals, mainly dancers, street artists, acrobats and skaters. Participants came from different countries (Venezuela, Colombia, Cyprus, Italy, China, Moldova and Spain) and this was very enriching during the debate and reflexion because they also presented how the situation in their countries is.

Impact and evaluation:

Participants were very open to debate and reflecting on the situation and the feedback we received at the end of the workshop was very positive and they appreciated a lot the part connected with concepts because, although many of them come from the social and educational professional world, they had some doubts because many times those concepts are not correctly use by mass media and local population.

Erasmus+ program and project visibility:

At the beginning of the workshop, after welcoming participants, we explained that the activity was in the frame of the Erasmus+ Small Collaborative Partnership "Sport Power: Promoting Sport for Women Empowerment" and we gave basic information both on the Programme and on the project. During the workshop the European flag was hung on the wall and we had promotional material of the Programme. We also had posters with the logo of the project and the official logo "co-founded by the Erasmus+ Programme of the European Union. Prior to the activity, we also used the graphic of the project and we gave visibility to the Erasmus+ Programme mentioning it in the news and including the logo in the poster.

Event visibility:

The workshop has been promoted through the website and social networks of the association:

<https://www.facebook.com/iiij.espana/posts/3014252808805849>

https://www.instagram.com/p/CNkt0S1JS4s/?utm_medium=copy_link

<https://aiij.org/taller-un-mundo>

<https://www.facebook.com/iiij.espana/posts/3020360564861740>

https://www.instagram.com/p/CN5ETQtJu-6/?utm_medium=copy_link

<https://aiij.org/proyecto-wom-emp-taller-en-malaga>



...Cómo empoderar a las mujeres a través de actividades deportivas

MIÉRCOLES 14 DE ABRIL A LAS 12:00 HORAS

Plazas limitadas: confirmación obligatoria a info@aiij.org



Iniciativa
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Joven

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(+34) 952391926
info@aiij.org - www.aiij.org



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Taller "Un mundo a través de gafas moradas"

12/04/2021 10:15

En el marco del proyecto europeo "Sport Power: Promoting Sport for Women Empowerment" (Wom-Emp), que tiene como finalidad promover la participación y el empoderamiento de las mujeres en actividades físicas y deportivas, estamos organizando un interesante taller que se llevará a cabo este miércoles, día 14 de abril.

La actividad tendrá lugar a las 12:00 horas en la sede de nuestra entidad. El aforo es limitado, por lo cual es obligatorio confirmar asistencia a través del correo info@aiij.org.

Este taller es una de las herramientas que las cinco organizaciones del proyecto hemos creado y estará incluida en una publicación digital que pronto estará disponible en cuatro idiomas, incluido el español.

"Sport Power: Promoting Sport for Women Empowerment" es un proyecto cofinanciado por el Programa Erasmus+ de la Unión Europea, coordinado por Travelogue APS, y cuenta con la participación de organizaciones de Italia, Reino Unido, Rumanía y España.

Para más información sobre el proyecto puedes visitar la página: <https://wom-emp.eu/es/>



...Cómo empoderar a las mujeres a través de actividades deportivas
MIÉRCOLES 14 DE ABRIL A LAS 12:00 HORAS
Plazas limitadas: confirmación obligatoria a info@aiij.org

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- Iniciativa Internacional Joven**
Publicado por Inicia Joven 12 de abril ·
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...Cómo empoderar a las mujeres a través de



...Cómo empoderar a las mujeres a través de actividades deportivas

MIÉRCOLES 14 DE ABRIL A LAS 12:00 HORAS
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Photos:





2. THE INTERNATIONAL SEMINAR IN ITALY

2.1. DESCRIPTION, PARTICIPANTS AND PROGRAM

On July 6th and 7th the partner finally met again in presence after the pandemic, for the International Seminar in Trevi (PG), Italy.

The objectives of the seminar were to:

- Share the information analysed and collected and the activities carried out by each of the partners during Local Activities 1 and 2;
- Encourage cooperation and exchange of knowledge, good practices and competences in promoting equal opportunities in sport between partner organizations;
- Apply and validate the toolkit created to promote equal opportunities and women empowerment through sport.

The participants involved were 7 from Romania, 6 from Spain and more than 30 from Italy.

All partners from Romania, Spain and Italy participated in meetings, discussions, group works and sport activities, sharing their knowledge, experience and good practices in the field of sport, for the promotion of gender equality and for women empowerment.

Each partner involved organised and facilitated one activity or workshop took from the booklet **"ANALYSIS OF THE EQUAL OPPORTUNITIES SITUATION AND GOOD PRACTICES FOR GENDER EQUALITY AND WOMEN EMPOWERMENT IN THE FIELD OF SPORT"** and from the **"TOOLKIT FOR WOMEN EMPOWERMENT"**.

We also carried out the workshop **T-SHIRT**, created by TheDojo.Org from Watford (UK), a way to remember and say goodbye to our partner Francis, who sadly passed away last March.

AGENDA:

05/07/2021

Arrival of participants

Welcoming dinner

06/07/2021

Venue: Villa Fabri

- Welcoming and official presentation of the project and the program of the seminar: objectives and activities.
- Ice-breaking game, presentation of the participants
- Expectations and contributions of the participants (cardboard).
- Exchange of good practices: Sharing of the results of the activities carried out during Local Activities 1 and 2, reflections on the situation of equal opportunities and gender equality in sport in each partner country.
- Workshop 1: Practical activity of the analysis "ONE STEP TOWARDS GENDER EQUITY" to introduce the concepts of gender equality and equity, to raise awareness of gender stereotypes (facilitated by Travelogue APS).
- Exchange of good practices: Meeting with a coach of ASD Trevi Volley, discussion on good practices to encourage the participation of women in sport.

- Workshop 2: Practical activity of the Toolkit "THE T-SHIRT" to promote empowerment and self-awareness through sport (facilitated by all partners, involving the athletes of Under 17 team of Trevi Volley).
- Volleyball match in the park with ASD Trevi Volley, wearing the T-shirt previously created.

07/07/2021

Venue: Villa Fabri

- Workshop 3: Practical activity of the Toolkit "3 M - MUSIC, MOTIVATION, MOVEMENT" to increase awareness of body identity and self-esteem through exercise and for maintaining health (facilitated by Liceul Teoretic "Emil Racovita").
- Workshop 4: Practical activity of the Toolkit "A WORLD THROUGH PURPLE GLASSES" to raise awareness of gender roles (facilitated by Asociación Iniciativa Internacional Joven).
- Final activities of the project: completion of the structure of the "Toolkit in practice", final meeting and conference in Malaga (Spain).
- Delivery of certificates of attendance
- Seminar evaluation.

08/07/2021

Departure of participants

2.2. THE WORKSHOPS

1. ONE STEP TOWARDS GENDER EQUITY

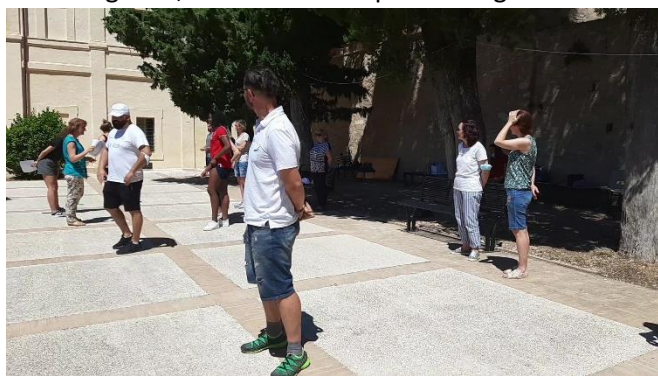
The workshop has been organised and facilitated by Valentina Mastrini, Silvia Bonomi and Pauline Morazzoni from Travelogue APS.

Description of the activity and adaptations:

The workshop has been carried out as described in the Toolkit, with only few adaptations.

The icebreaking was not carried out during the workshop, but at the beginning of the seminar.

The facilitator provided instructions to the participants about the activity: they would have to participate in a running race, but their initial positioning would be based on some of their characteristics.



The participants positioned themselves on a line and the facilitator made some questions to be answered by taking a step forward if the answer was affirmative or standing still if the answer was negative or if the question did not concern them. Photos and videos of the activity were taken.

After all the questions, we carried out a reflection. The reflection phase has been adapted and divided in 2 parts, some questions have been made, one by one, to the participants just after the activity,

when the participants were on their final position.

1. Which of the steps forward you have made do you think depends on your personal merit?
2. How do you feel about your position towards the other participants?
3. How do you feel about the activity, about the answers you gave?
4. Were you aware of these gender stereotypes?

Other questions have been made after, in group discussion, in order to avoid shyness, the participants were not forced to answer.

1. In the practice of sport, at work or in your life choices, have you ever felt limited or favoured by stereotypes or prejudices about your gender?
2. Do you think you have ever been a victim of gender-related discrimination in life or in the practice of sport specifically?
3. What do you think could be done in your reality to counter gender stereotypes and inequalities of treatment between the sexes?

Another part of discussion was previewed to be made in small groups, then to be reported to the whole group, but the first two parts took more time and some points were already discussed, so this part has been adapted and some questions made in the whole group discussion.

The second part of the workshop was carried out dividing the participants in 4 groups, 3 groups with only women and one group with all the men. In each group there were participants from the different countries.

Each group had to create a poster representing and writing the characteristics they think the ideal athlete or the ideal team should have. Cardboards, colored papers, magazines to cut, markers, pens, pencils, scissors, glue were provided to the participants.

Each group then illustrated the characteristics to the other groups and a discussion and reflection was made starting from these questions:

- What are the main differences between the representations made by men and those made by women?
- Are there any characteristics that you think can be defined as “more masculine” or “more feminine”? If so, why?
- Which of these characteristics do you think you have and which ones do you think you need to work on?
- Are there any characteristics/qualities that you think you cannot have/achieve? If so, why?



Impact and evaluation with the participants:

Some questions of the first part of the workshop need to be modified in order to avoid confusion and to obtain a clear distinction in the position of men and women. The participants will have to make a step beyond if the answer is affirmative or the sentence is true, they will have to stand still in the same position if the answer is negative/false or if the question does not concern them.

Here is the new suggested list:

1. Did you have free access to education?
2. You don't think someone can make sexist jokes about you.
3. Is your boss of the same sex as you?
4. Is your coach of the same sex as you?
5. When you speak does the eye fall only on your gaze?
6. You have never experienced harassment in the workplace.

7. No one ever asked you at job interviews if you would like to have children.
8. Do you feel safe walking alone at night to go home?
9. Do you feel free to wear your favorite clothes on any occasion?
10. Do you think you can play sports at a professional level?
11. Do you think your sport is given proper prominence in the media?
12. You have never received sexist comments from fans.

The workshop was very interesting for the participants, who had the opportunity to reflect on important topics, such as gender differences and gender stereotypes. The workshop can be easily applied with different target groups and in different contexts, maybe adapting the questions.

More time is needed for the reflection phase than previewed.

The second part of the workshop was also really interesting to the participants and it helped to facilitate the communication among them and to develop their teamworking skills.

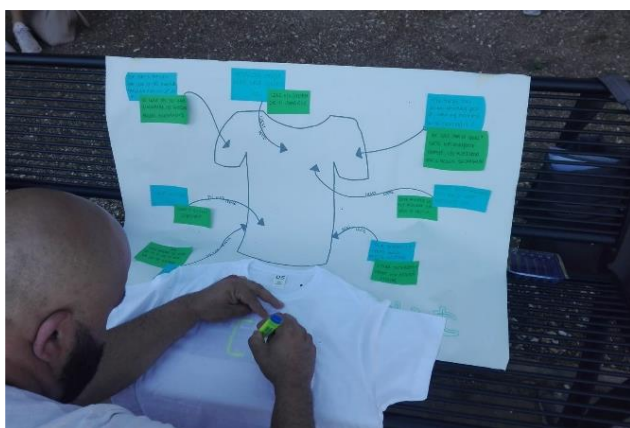
2. THE T-SHIRT

All partners carried out and facilitated the activity "The T-shirt", proposed by The.Dojo.Org in the Toolkit.

Some young athletes of the Under 17 team of A.S.D. Trevi Volley have been involved as participants and final beneficiaries in the activity.

Description of the activity and adaptations:

Each participant was given a white T-shirt and an explanation of the purpose of the activity and instructions were given. Each participant had to reflect on their own qualities, skills, abilities, interests, strengths and weaknesses, referring to sport and/or to their life in general and to write them on different parts of the T-shirt. A poster had previously been created with a t-shirt and instructions on what to write in its various parts. Markers of different colours have been provided.







Impact and evaluation with the participants:

After the workshop, all the participants created a circle and they were invited to share what they wrote or drawn on their T-shirt. They have been led to reflect on their strengths and weaknesses, what they like and also to think about what other people think about them. We asked them if they previously had other opportunities to make such a reflection and if they enjoyed the activity.

After the reflection, the athletes of A.S.D. Trevi Volley and some of the participants to the seminar played a volleyball match wearing the t-shirts they previously drawn. A symbolic activity designed to indicate the wealth of knowledge, skills and sometimes the difficulties we face, in sport and in life. But it is important to know how to recognize your weaknesses in order to improve them.





3. 3 M - MUSIC, MOTIVATION, MOVEMENT

The workshop has been organised and facilitated by Salcianu Ovidiu and Ciuraru Daniela from "Emil Racovita" High School, Vaslui, Romania.

Description of the activity and adaptations:

The workshop organized in the frame of the Seminar took place in open air respecting the Covid rules and restrictions. We used bottles of water as dumbbells and music to rhythm the activities.

As an Ice-breaking activity, we chose to do the exercise **"Follow the Leader"**: the first person of the group had to perform a gymnastic manoeuvre. The next person performed the same manoeuvre and another manoeuvre afterwards. The third person then performed the manoeuvres of the first and second participants and a further different manoeuvre. This continued around the circle until everyone had performed several manoeuvres at a time. This excellent ice breaker game encouraged everybody to learn manoeuvres quickly and practice new moves and interact with each other.

The trainer asked participants to come in front of the group and to execute the exercise that he performed, taking over the role of leader. At the teacher's signal, the leader shouted a motivational word like: power, energy, sun, youth, strength, we are strong, I feel good, champions.

The exercises proposed were presented into the toolkit but there were some changes since the trainer had to adapt the difficulties of the exercises to the weather conditions (very hot) and also to the physical condition and age of the participants.

The Stretching exercises were performed on adapted music (*5 minutes*).

Impact and evaluation with the participants:

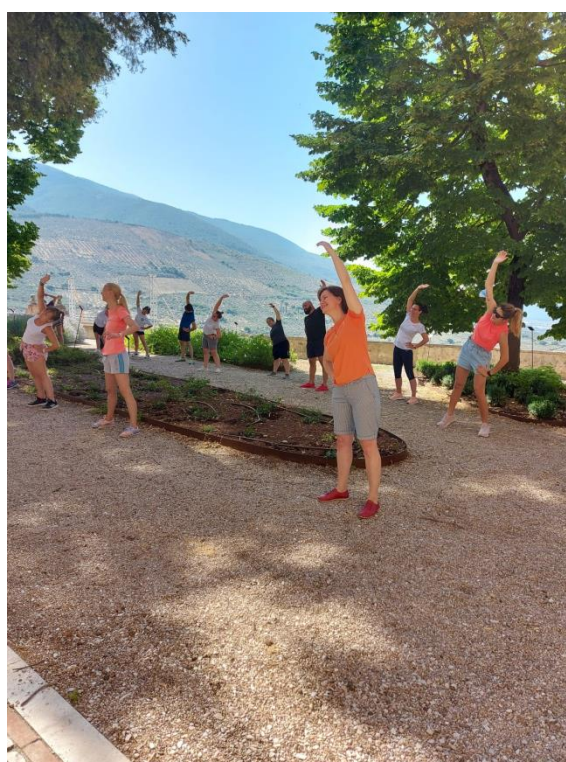
At the end of the activity, the facilitators asked the participants if they have managed to overcome their physical and mental limits, they were asked to express their opinion about how energetic the activity was, how they felt as a leader and as an executor and to characterise (by a word or expression) the value of the group.

The activity was appreciated by almost all participants. Some of them couldn't find the connection between the exercise and the theme of our project. After discussion, things were made clear.

The final evaluation of the activity was made by placing a red, yellow or green training cone depending on the mood that the activity has created:

- The green training cone - he/she feels strong, energetic, active
- The yellow training cone - is for neutral state, the student did not gain the expected energy
- The red training cone - if the student considers that the activity was too hard or created an unpleasant state, not in line with their expectations

At the end, photos were taken of this colour-coded assessment.



4. A WORLD THROUGH PURPLE GLASSES

The workshop has been organised and facilitated by Ana Belén Domínguez and Tania Valdés from Asociación Iniciativa Internacional Joven (Spain).

Description of the activity and adaptations:

The workshop organized in the frame of the Seminar was an adaptation of “A world through purple glasses” workshop, which can be found in the toolkit. For time constraints, for the type of the environment where the workshop has been organized and for Covid-19 regulations, only the two first learning objectives have been addressed (to make participants aware of the existence of gender roles and gender stereotypes in the dance community and in society; to explain the structure of unconscious stereotypes). The activities have also been modified, although the main idea of the whole workshop on gender stereotypes remained the same.

As participants already knew themselves, we didn't have a name game and we changed the energizer to be able at its end to have 2 groups. During the energizer, people should move into the space and when the facilitator said “3”, participants had to divide themselves in groups of 3 individuals, if she said “5”, in groups of 5 individuals, etc. The main aim of the energizer was to divide the group for the next exercise.

The main idea of the exercise is the same than the one described in the toolkit. Participants have to pick one paper, read it and quickly decide to put it on one of the two papers available: one for woman and one for man. Different words are written on it and they are connected with gender roles and stereotypes.

To make the activity more active, we adapted it to a relay race between the two groups. The first participant of the group started to run until a wall where the facilitators had hanged two large papers (cardboards). In one paper, there was written “man” and in the other “woman”. As participants came from different countries, before starting the race, they wrote the word also in their own language. In the middle of the race lane, there was a chair where they had to pick one of the papers that they had to stick on the paper they consider. No more instructions were given to participants. Each group had its own race lane, chair with papers (the word written on it were the same for both groups) and the two cardboards.



Once the relay race was over, the trainer analyzed the results with participants, creating a debate and reflecting on gender roles in the society and how they are unconscious in our mind. During the debate, we clarified also some concepts connected with the topic that can be misunderstood (sex and gender, socialization, equality and equity, etc.). For that, we printed an infographic with pictures that easily clarify it and we provided participants a QR code to download a full infographic where they can find basic key concepts for social intervention.

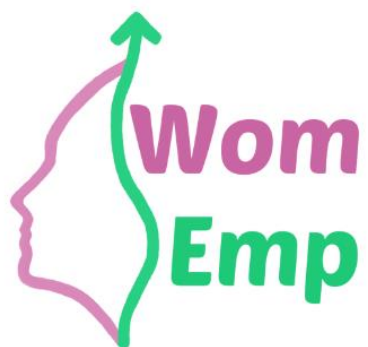
Impact and evaluation with the participants:

The feedbacks and opinions of participants were very positive and they were satisfied of the workshop and the established objectives have been achieved. During the phase of debate and debriefing, some of them

admitted that they were hesitant and they didn't know in which cardboard they had to put the word, whilst for other it was clearer. It was interesting to check that both groups decided to use the word "depressive" for "men", however for the word "pilot" all of them stick it in the card of "men". Doing so, we could also explain the concepts of glass ceiling and patriarchy.

Although most of participants had a background with social studies or experiences in the social field, it is important to be aware that gender roles and gender stereotypes still exist not only in the society but also in our minds and that we have to change our mental patterns.





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