

Key Action: Learning Mobility of Individuals
Action Type: Youth participation activities

Project Title

Youth in Motion The Hague

Project Coordinator

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Project Information

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EC Contribution 26,000 EUR
Partners Dooy Foundation (NL) , Dalmar Foundation (NL)
Topics Physical and mental health, well-being ; Community development ;
Inclusion of marginalised young people

Project Summary

Objectives

This is a one year project through which we want to promote youth participation in sport activities and a healthy lifestyle. We also want to provide a podium to young people so they can make their voices heard to policy makers / decision makers, to express what's important to them and what needs to be improved in The Hague, concerning sport facilities and support for young people.

In this way the skills of the young people in our organisations will improve and they will gain new experiences, which will help for capacity building of our organisations, through the active young people there (e.g. the young changemakers of SONECA).

The objectives of this project are:

- To raise awareness of the importance of a healthy lifestyle.
- To stimulate youth to participate in sport and outdoor activities;
- To increase the self-esteem of the young participants and to develop their skills in team work and organising events.
- To stimulate youth to become more active in society.
- To stimulate (migrant / international) youth to speak out for what they find important, and to integrate in the Dutch society / to improve their chances.
- To organise a dialogue with the municipality of The Hague, in order for the young people to get the opportunity to express their thoughts to policy makers regarding improvements of sport facilities in The Hague.

Activities

Activities:

- Start meeting - Kick-off, making plans, discussing needs and expectations of the participating youth
- Interactive youth discussions - interactive workshops, organised mainly by the participants themselves, to discuss topics relevant for youth, with a broader group of young people with different backgrounds
- Sport activities and tournaments - at the Sport Campus Zuiderpark and with other sport associations / sport halls. Sports like soccer, basket ball, volley ball, kick boxing, self defence, etc. Special sport activities for girls only.
- Dialogue meetings with decision makers and a final conference - young people present recommendations for the improvement of sport and youth facilities / support to decision makers from the municipality and local organisations.

Target groups per participating organisation:

- SONECA / Dalmar / Dooy: Youth originally coming from East Africa (either the youth themselves or their parents) and living in The Hague in the Netherlands. Also other youth with an (African) migrant background. Many of these young people are having fewer opportunities due to problems with e.g. the Dutch language, unemployment, poverty, health problems, etc.
- Multi-Cultureel Jongeren Geluid: migrant youth with all kinds of backgrounds (including Turkish, Moroccan and from Surinam / the Antilles).
- International School The Hague: Youth from the secondary education (15+) from all over the world.

Number of participants: 25 for the whole year, at least 150 in total for the sport activities, tournaments and other events (exclusive the 25 young participants for the whole project), at least 25 decision makers and other stakeholders.

Impact

- Young people (the participants) have become aware of the influence of food on their health
- Young people understand the importance of movement and sport for their health
- Young people have improved their participation by social activation
- Young people have improved their skills with regard to teamwork and organising events
- Youth have been introduced to the different forms in movement- and sport activities in which they have made their choices
- At least 50% of the Youth is participating in movement- and sport activities
- Youth have become more self-confident and their personality has been further developed and they have got a stronger image, self-trust and personality
- The health problems of young people have become less
- Their lives became less isolated
- The use of drugs like alcohol has become less
- An emancipation process has started for migrant youth with fewer opportunities.

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