

Participation

Sport and physical activity have the potential to let individuals and groups forget about their challenges in live for a while and enjoy themselves.

These positive psychosocial benefits can in part be explained by the fact that physical activity releases hormones which help people to feel happier, less anxious and generally good about life during and at least for some time after the activity.

»Moving Together – Promoting psychosocial well-being through sport and physical activity«, IFRC Reference Centre for Psychosocial Support, International Council of Sport Science and Physical Education, Swiss Academy for Development, and Technische Universität München, 2014

Costs of participation include registration fee, accommodation in a single room* and all meals during the seminar:

Students 650 €

Professionals 700 €

* Participants who wish to stay in a double room may deduct 50 € from their participation fee.

All sessions will be held in English.

For further information and registration, please visit the ICSSPE website at www.icsspe.org or contact us at icsspe@icsspe.org.

This seminar is held under the leadership of the International Council of Sport Science and Physical Education (ICSSPE) in collaboration with Kennesaw State University, USA, and German Sport University Cologne and financially supported by the Federal Ministry of the Interior, Germany and the Fürst Donnersmarck-Foundation.



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Communities and Crisis – Inclusive Development through Sport

30 October to 5 November 2016
Rheinsberg, Germany

**ICSSPE's hands-on seminar on
sport and physical activity for psychosocial
interventions in crisis situations**



Seminar

To ensure the success of inclusive physical activity programmes, implementers must possess substantial thematic and cultural knowledge as well as relevant didactic skills. The 9th edition of »Communities and Crisis« offers a training package to enable participants to deliver psychosocial support programmes in social problem and crisis situations such as, for example, refugee camps.

As part of our efforts to support persons interested in the development of sport-for-development programmes, ICSSPE, in collaboration with its partners Kennesaw State University (USA), and the German Sport University Cologne, provides a very special learning experience. The seminar offers not only practical and theoretical learning sessions, but also aims at fostering exchange of ideas and best practice examples between participants and workshop facilitators.

International experts from the fields of sociology, psychology, social work as well as physical activity and education deliver this hands-on training programme, primarily aiming at programme facilitators and graduate students with various disciplinary backgrounds from around the world.



Learning Objectives

The seminar offers didactic and experiential learning opportunities in the following subject areas:

- Psychological aspects of trauma and trauma relief
- The usage of sport, physical activity and play in community building and disaster relief
- Development of adapted and inclusive physical activity programmes
- Gender equality and gender issues in social problem areas
- Child protection, inclusion of children and youth
- Sustainability of sport-for-development programmes and social entrepreneurship
- Inclusion of refugees into physical activity programmes
- Monitoring and evaluation
- Job opportunities

Sports programmes can help counteract psychosocial problems and environmental and health issues as well as stress and loneliness. They contribute to physical fitness, mental well-being and social integration by providing a safe forum in which a child can develop physically, emotionally and mentally. In situations where formal education is limited or unavailable, sport can act as a vehicle for learning....and raise their self-esteem.

UNHCR, 12 July 2016; <http://www.unhcr.org/sport-partnerships.html>

Location

The seminar will take place at HausRheinsberg Hotel am See, in Rheinsberg, Germany. Situated about 90 km outside of Berlin, HausRheinsberg is designed for patrons with disabilities.

The hotel provides an ideal setting to conduct the seminar modules, as well as the opportunity to get to know others and engage in leisure activities. This includes conference services, a modern sports facility, as well as a swimming pool, sauna, fitness room, and fireplace lounge. The hotel restaurant offers specialties of the region as well as international delicacies.

Additional information about HausRheinsberg may be obtained from the hotel website at www.hausrheinsberg.de/eng.

