

Associação CAIS - Portugal

Futebol de Rua Project Sessões Move Pilot

ABOUT Associação CAIS

- Founded in 1994 to support people living in poverty and social exclusion.
- Dared to bet on an approach that would empower the people, created 2 Centres (Lisbon and Porto) and many projects:
- CAIS Street paper
- Futebol de Rua – Street Football
- AventurArte - Cultural Peddy Paper
- Reflex - Photography award
- CAIS conferences and Essays
- Engraxadores (shoe polishers): Social Enterprise
- CAIS Lava Auto (ecologic car wash): Social Enterprise
- CAIS recicla (cais recycle): Social Enterprise

FUTEBOL DE RUA Project Background

- Futebol de Rua Project: Started in 2004 /// created to promote access to sports and social inclusion to those living in poverty /// and divided in 2 fields:
- Access to Sports: Futebol de Rua Street Football National Tournament.

Inclusion through sports:

- Move-te, faz Acontecer: In partnership with the National Plan for Ethic in Sports and the Youth in Action Agency, empowers professionals and develops life skills with the participants through the practice of street football.
- Sessões Move - Move Project Pilot: Street football training sessions, with integrated life skills dynamics, mostly for Homeless participants.

Promote access to an healthy lifestyle and improvement of basic life skills to a group often marginalized, through non-formal education.

FUTEBOL DE RUA Goals

- Exposure to poverty and social exclusion in politics and media agenda
- Positive image of the participants
- Improve self-esteem and motivation
- Empowerment
- Promote citizenship
- Healthy Lifestyle
- Access to Sports
- Promote Education and Knowledge

FUTEBOL DE RUA Key Activities

- Futebol de Rua Street Football National Tournament: National, inclusive, tournament divided in: Local Tournaments /// Grand Final /// Training Camps
- International Events: Homeless World Cup /// European Street Football Festival /// European Homeless Cup
- Media Cup: Football Tournament, for the Media, with Futebol de Rua Project participants
- Move-te, faz Acontecer: Workshops for professionals and participants
- Sessões Move: Development of life skills through non-formal education

FUTEBOL DE RUA Target Group and Numbers

- People living in poverty and social exclusion /// 16 years or older /// No age limit /// Both genders /// Supported by an NGO /// Defined Life Plan ///
- Number of participants in 2013: Futebol de rua Project: 980 /// Sessões Move Pilot: 20.
- Accommodation of the participants: Futebol de Rua Project: 52% Social Neighborhoods – 21 % Orphanages – 13% Temporary and sub rented accommodation – 10% Shelters – 4% Illegal settlements /// Sessões Move Pilot: 60% Shelters – 40 % temporary and sub rented accommodation
- Participants Age: Futebol de Rua Project: 16 – 25 years old – 74%; 26 – 35 years old – 20%; 36 – 45 years old – 4%; 46+ years old – 2% /// Sessões Move Pilot: 16 – 25 years old – 10%; 26 – 35 years old – 10%; 36 – 45 years old – 70%; 46+ years old – 10%

FUTEBOL DE RUA Achievements

- Futebol de rua project:

/// Around 7000 participants, since 2004, from 17 districts and the islands.

- Sessões Move Pilot:

/// 20 regular participants. 160 non regular participants from NGOs in the lisbon district.

- 75% of the participants change their life, either by restarting studies, finding a job or moving for better accommodation.
- Participants agree it was very important for their self-esteem and motivation and overall personal development.

FUTEBOL DE RUA Key Lessons

- **The Practice of Sports:**
- Can be a powerful tool to commit people
- Is a great tool to work personal, social and professional life skills
- Allows participants to get healthier
- Promotes team work
- Promotes Respect
- Develops conflict management
- Gives short-term goals to participants
- Promotes Communication

FUTEBOL DE RUA Partners & Funding

- Futebol de Rua Project budget: 50.000 euros.
- Funding duration:
Negotiated yearly with all sources of funding
- Current Financial Support:
Secretary of Youth and Sports /// Portuguese Institute of Youth and Sports /// Luso Foundation /// Football For Hope /// BES Bank.
- Partners who supply goods and services:
Mikasa /// AFFsports /// Portuguese Referees Association /// Danone /// Delta /// EKIS /// Jeronimo Martins Supermarkers /// Ogilvy /// Sumo Publicity /// DHL /// Citroen /// Youth in Action /// National Plan for Ethic in Sports /// Media Cup /// Portuguese Football Federation /// amongst more than 60 partners.

LONG RUN

- **The Sessões Move Pilot:**

/// will be fully integrated in Futebol de Rua Project and will use its resources

/// It will become the only initiative running the whole year

/// Partners wish to support it onwards

/// More time will be given in the sessions for the life skills dynamics

/// The Pilot will stand as a good practice for our local partners to adapt and implement locally



GET IN TOUCH

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