

ALLEMED (ALLIN)

ALLEMED (ALLIN) is a tool developed to make it easier to include all children and young people in recreational activities, regardless of the financial situation of their families. The tool facilitates discussions and ideas on how to include all.

ALLEMED (ALLIN) has been developed by *Nasjonal dugnad mot fattigdom og utenforskap blant barn og unge*, NDFU (National effort to reduce poverty and exclusion among children and young people). NDFU is a broad, joint initiative by Norwegian NGOs, academic communities and associations. You can read more about us at www.allemed.no

An increasing number of children and young people grow up in low-income families. Child poverty leads to exclusion from social, cultural and sports arenas, which in turn can amplify the feeling of not belonging. That is why it is so important that we join forces and make sure all children can grow and develop in nurturing circumstances, as well as have equal opportunities to participate.

Kind regards NDFU

WORKSHOP GOALS

Increase awareness among leaders/volunteers on how to create activities that include all, regardless of financial resources. Agree on concrete actions to include all!

TIPS FOR THE FACILITATOR

Preparations: Consult the resources found at www.allemed.no. Consider which topic is most relevant to focus on in your organisation, in case the participants are not able to make their own choice.

Implementation: Use the schedule on the back of this sheet.

After the workshop: Send an email with minutes and agreed action points to all relevant parties for follow up/implementation. When the action points have been integrated in the organisation, the effort to include all can begin!

PRACTICAL

Duration: 1 hour. Can be completed in 30 min. More time is needed when showing films.

Number of participants: 2-20 people
Material/equipment: ALLEMED (ALLIN) conversation cards (2-4 people per deck of cards), pen, paper and, if available, a flipover or whiteboard. If you want to use Power Point or film, you need access to a projector and an internet connection.

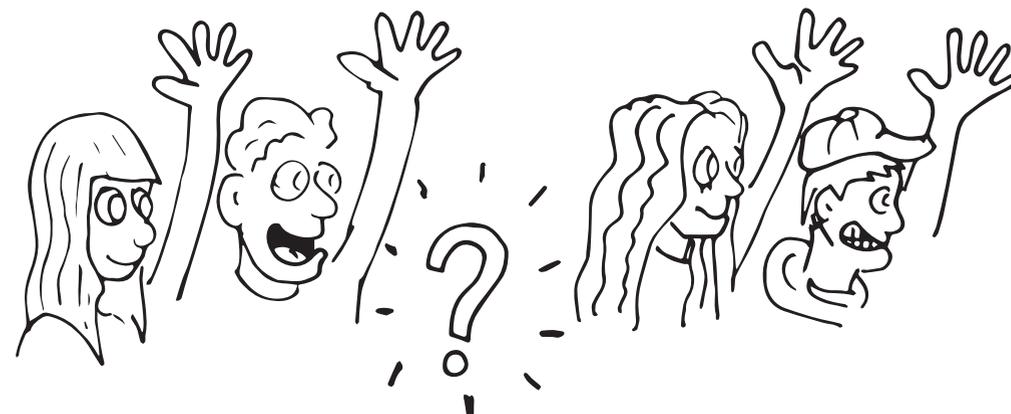
SHARE YOUR SUCCESS!

Have your organisation, club or association made an effort and succeeded in including all? Share your experience and inspire others to do the same. Log on and share your story on: www.allemed.no

ALLEMED

WELCOME TO THE ALLEMED (ALLIN) WORKSHOP

- A TOOL FOR THOSE WHO WISH TO INCLUDE ALL CHILDREN AND YOUNG PEOPLE!



YOU DON'T REALLY NOTICE THAT NOT EVERYONE IS ABLE TO DO SPORTS. THOSE WHO ARE NOT INCLUDED DON'T TALK ABOUT IT, AND SAY THEY DON'T WANT TO PLAY ANYWAY, EVEN IF THEY DO.

Girl, 14 years old, Oslo

GUIDE TO THE ALLEMED (ALLIN) WORKSHOP

SCHEDULE: ALLEMED (ALLIN) WORKSHOP

Name: _____

1

WELCOME

Duration: 3-5 min

Explain briefly what you are going to do during the workshop. If you prefer, you can use the **ALLEMED (ALLIN)** Power Point presentation.

Together, we will answer the following questions: What can we do to include all, regardless of financial resources?

The ALLEMED (ALLIN) Workshop goals are:

- Become more aware of how our activities can become more inclusive.
- Agree on concrete actions to include all!

Agenda:

1. Welcome and goal
2. What are we doing well?
- 3) What could we do better?
- 4) Our first steps
- 5) Who is responsible?

2

WHAT ARE WE DOING WELL?

Duration: 8-15 min

Aim:

Achieve an understanding of what we already are doing well in order to include all.

Conversation in pairs (approx. 5 min):

Base the conversation on the following questions:

- What do we do today in order to include children in our activities, regardless of their family's financial situation?
- Can we identify a specific incident involving a child who faced exclusion that we managed to include after all? How did we do it?

Together (approx. 5 min):

Make a summary of the successes you have identified. Preferably include specific stories. Take notes on the back of the blue card "What are we doing well?"

3

WHAT COULD WE DO BETTER?

Duration: 15-20 min

Aim:

Increase awareness about internal factors contributing to exclusion and identify possible solutions.

Implementation (approx. 10 min):

In groups of 2-5 people:

1. Use the orange topic cards – each group selects a topic, based on how they think the organisation can be better at including children and young people. (3-4 min)
2. Discuss the questions on the selected cards – write down concrete suggestions. (approx. 5 min)

Together (approx. 5 min):

Each group shares its best idea for a concrete action to include all.

4

OUR FIRST STEPS

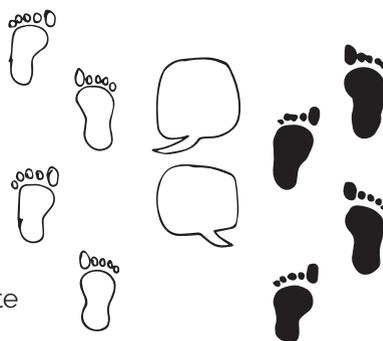
Duration: 5-15 min

Aim:

Convert the ideas from step 3 into feasible actions.

Together:

Based on the suggestions you identified, agree on 1-3 concrete actions you can do to include ALL. Write the suggestions on the back of the blue card: "Our first steps".



5

WHO IS RESPONSIBLE?

Duration: 2-5 min

Aim: Make a summary and allocate responsibilities.

Implementation:

Agree on how each action will be implemented.

1. Who is responsible for following up implementation?
2. The chair of the meeting writes minutes and ensures that the planned measures are anchored in the organisation.
3. Each participant takes notes/photographs agreed actions.

THANK YOU FOR PARTICIPATING IN THIS CRUCIAL CONVERSATION! READ, LEARN AND DO MORE - WWW.ALLEMED.NO