



**EURO SPORT EXCHANGE**  
**CAFÉ K/JACK KANE CENTRE**  
**208 NIDDRIE MAINS ROAD**  
**EDINBURGH**  
**EH16 4ND**

**Café K/Jack Kane Centre**  
**Germany Youth Exchange**

### **Context and motivation**

Café K is a voluntary youth work organisation based within the Jack Kane Community Centre in the Greater Craigmillar area of Edinburgh. Café K works with socially excluded young people in a variety of settings and provides one-one, drop-in, group work, and outreach work focusing on various issues which affect young people. These issues, such as: poverty, young people's rights, fitness, health, cultural awareness, challenging stereotypes and many more are raised by both young people and workers through social, recreational, leisure and informal educational interventions and activities.

Café K consults with young people on a regular basis to ensure the project is both young person and organisationally led. Through evaluation and a German theme night it was brought to the attention of staff that a particular group of young people who are particularly interested in sport and challenging stereotypes were keen to go on an exchange to Germany to gain knowledge and experience cultural differences around issues that they are interested in. Café K has an existing link with Tabea Kroll who works alongside young people with a variety of disabilities in Germany. Therefore, this proposed exchange would not only benefit both groups around Sport and European Awareness; it would also encourage groups to think about barriers they face and to challenge these in a proactive way.

### **Preparation**

Both groups will participate in focused group work sessions to prepare them for the exchange and to identify their personal learning and development points. With assistance from workers, the group will plan and prepare the programme and activities, including working collaboratively with the partner group to ensure all needs

are being met. The group will also collate information relating to their cultural environment to compare and contrast with the host, to create a two-way learning experience.

There is and will, continue to be consistent contact with Tabea Kroll and other workers from both parties through emails, letters and telephone conversations. It has been extremely beneficial as Tabea has strong English and can translate to all other workers. Both groups of young people will send letters and emails to build relationships before they meet face-to-face, to enhance stronger and sustainable communication links.

### **Advanced Planning Visit**

An advanced planning weekend will be arranged for the end of May for the following reasons.

1. To meet the German young people and staff.
2. To agree on the finalised programme, taking into account both the partner and host group's needs.
3. To ensure that the venues have effective health and safety policies in place.
4. To promote young people from Café K.
5. To initiate the friendship process.

### **Involvement of young people**

#### **Preparation**

Café K strongly believes in person-centred approaches to their work with young people and therefore young people will be involved in all aspects of the decision making process to construct planning and preparation of group work activities. This will allow the young people to gain confidence and knowledge around travel, independent living skills, and communication. In relation, the young people will work collaboratively to agree on the proposed exchange with the German students. For example, agree on the final activity programme and contribute to this by organising and planning activities which will take place during the exchange.

#### **Realisation**

Throughout the whole exchange both young people and staff will plan, implement and evaluate activities to prepare the young people for cultural differences. For example, language, food, travel, leaving family and organisational matters. Staff will guide the young people in terms of financial limits to ensure the young have feasible goals for their educational experience.

#### **Follow-up/evaluation**

In terms of evaluation, the young people will be given consistent formal and informal opportunities to evaluate the exchange throughout the whole process. For example, evaluation sheets for preparation group work, diaries when away and discussion. They will evaluate as separate groups but also together to present to each other using innovative methods to illustrate what they have gained from the exchange and how they can share this with their wider communities and peers.

### **Theme**

The main theme of this exchange will be to use sport as an international tool to allow two groups of young people with one group having disabilities and the other coming from a severely deprived and socially excluded community to come together; enhance their learning in relation to European awareness and challenge stereotypes. Through the exchange experience it will enable the young people to gain first hand knowledge, which will guide them to gain more confidence as individuals and fulfil their potential as active learners.

### **Objectives**

The following objectives will be met through the exchange project:

1. To provide socially excluded young people from both groups the opportunity to participate in an intercultural exchange
2. To develop young people's awareness in relation to living within an European context.
3. To use sport as an educational tool for young people to challenge stereotypes, raise European awareness and promote equal opportunities.
4. To promote European awareness in relation to issues that affect young people by encouraging young people to think critically about their environment by relating the micro to the macro.
5. To develop a range of skills with young people such as communication and organisational skills as well as to gain competences in a foreign language.
6. To provide an opportunity for young people to experience difference and discover similarities.
7. To develop awareness and explore views above the border of disability and support the integration of disabled young people into society.