

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.¹



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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), Katholieke Universiteit Leuven (Belgium), 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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¹ »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



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Communities and Crisis – Inclusive Development through Sport

2 – 7 November 2015, Rheinsberg, Germany

ICSSPE's hands-on seminar on sport and physical activity for psycho-social interventions in crisis areas

Seminar

To ensure the success of sport-for-development programmes, implementers must possess substantial thematic and cultural knowledge as well as relevant didactic skills. The 8th edition of »Communities and Crisis« offers a training package to enable participants to deliver psycho-social support programmes in social problem and crisis areas.

As part of our efforts to empower the area of sport for development, and to support young persons interested in the development of sport-for-development programmes, ICSSPE, in collaboration with its partners Kennesaw State University (USA), Katholieke Universiteit Leuven (Belgium), 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 speakers.

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 service providers 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
- Monitoring and evaluation
- Job opportunities

Cognitive well-being is improved through physical activity. Cognitive functioning are mental processes such as memory, attention, and concentration, understanding language, learning, problem solving and decision making. ¹

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.

With full conference services and a modern and fully-equipped gymnasium, the hotel provides the perfect setting for both theoretical and hands-on learning sessions. In addition, amenities such as an accessible swimming pool, sauna, fitness room and other facilities allow for relaxation and leisure-time activities.

All meals will be in buffet style, allowing participants to enjoy regional specialties as well as international cuisine according to taste.

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

