

Socio-sports

Name of the organisation

D'Broej vzw

Website of the organisation

www.dbroej.be

Location of the organisation

Henegouwenkaai 29/6, 1080 Sint-Jans-Molenbeek, Belgium

E-mail address of the organisation

info@dbroej.be

Good practice aspect(s)/themes of youth work

- Sports
- Participation of young people in activities (planning, preparing, carrying out, etc.)
- Non-formal education/-learning
- Outdoor activities

Good practice category

A practice of processes and methods

Good practice aim & purpose

With our socio-sportive methodology, we utilize sports as a means to empower young individuals. We integrate social and sporting techniques to empower youth in their daily situations. This is crucial because Brussels presents a challenging social context, requiring additional focus on a cohesive methodology between youth work and sports. Within our sub-programs, we establish sports academies where young individuals can pursue their sporting aspirations. Moreover, we utilize the sports context to develop other skills such as ownership, team spirit, discipline, and self-reflection. Additionally, we leverage sports as a tool to strengthen and connect the community.

Good practice description

Sport plays a significant role in our youth work activities at D'broej. Our boxing club, 'Brussels Boxing Academy,' is particularly noteworthy, offering a consistent boxing program in two local branches. By establishing a close context in the neighborhood, we create a hub where various forms of empowering youth work become possible: volunteer trajectories, sports competitions, international internships where young people take the lead, exchanges, etc. The branches are grounded in a broad sports approach: children and young people can learn boxing recreationally, but there is also the opportunity to engage in competitive boxing. Similarly, within our sub-programs, we provide comprehensive guidance in futsal. Additionally, sports are utilized in our workshops and other activities originally perceived as youth work. D'broej also organizes foreign treks (under the name "rupture") and internships for young people as a methodology to enhance self-reflection, perseverance, and other competencies.

Good practice result & concrete effects

One of the effects of socio-sportive engagement is enhanced neighborhood cohesion, increased youth ownership leading to more involvement in volunteer work. It serves as a breeding ground where socio-sportive dreams can be nurtured.

The approach incorporates a new pedagogy that significantly differs from mainstream educational practices. Ultimately, it facilitates young people in more easily finding their place in society, allowing them to reconnect and feel empowered.

Disclaimer: these effects may not always be present, and when they occur, they are often the result of long-term cyclical processes. Here, we refer to the 'ideal scenario,' recognizing that our socio-sportive methodology is just one component within a broader framework where other stakeholders, particularly the youth themselves, bear significant responsibility.

Good practice chapter of the European Charter on Local Youth Work

Organisation and practice