



REPORT on C1 and Action note October 23-27, 2017 – SAARBRÜCKEN (Germany)

The participants were welcomed at the Hermann-Neuberger Sportschule in Saarbrücken (DE). The interest presented by this structure was to offer, in a same place, accommodation at prices included in the ERASMUS + limited grants, the work rooms (with the exception of the 2nd day spent in the prison of Zweibrücken) and lunches too, dinners being taken in town in various pleasant and typical places, chosen and reserved by the host partner.

DAY 1

The C1 teaching activity began with a welcome message from the representative of the German partner. This was followed by a presentation of each of the participants, the national coordinators having come with sports instructors / supervisors working with people under penal measures.

The coordinating organization relied on a presentation made up of slides to accompany the work to be done (*the support is downloadable on the READY ... GO platform*). The work began with a geographical and institutional presentation of the member structures of the consortium, the instructors / sports supervisors having never met from one country to another beforehand. This followed a round table presentation of the participants (name, professional profile, experience) followed then by a powerpoint introducing READY...GO project.

A first reminder seemed necessary, considering the sporting profile of most of the participants, to recall that if the title of the project is "READY ... GO or Sport in prison", it was ABSOLUTELY necessary to always keep in mind the purpose of the second part of the title that is « Sport in prison **to support the acquisition of informal skills to better prepare their reintegration into society** ».

The READY ... GO project being a discovery for most newcomers, a shortened presentation of the objectives, objectives, results ... took place at the same time as a retrospective of the different works carried out by the partners since the start of the project at the end of 2016.

A presentation of the analysis of the cross results from the questionnaires completed by inmates (Q1) and sports instructors in prison (Q2) was presented which supported the pre-list of Physical and Sports Activities (PAS) established by the partners during the M3 transnational meeting in Malta (September 2017). This task was followed by the validation of pre-selected PAS inventoried by the partners attending M3, then with the sports instructors adjusting certain choices, but finally reaching a validated final list of choices.

Before the morning coffee break, the C1 participants debated and then endorsed the components of the concept of COMPETENCE, namely a set of KNOWLEDGE + SKILLS + ATTITUDES on which all pedagogical activities will be based during the week.



The participants then worked on a few recommendations that will be reinvested in the methodological guide later. They also agreed that some of them should ultimately be sent to the services / departments of the various ministries of justice and prison administrations involved in the construction programs of the new penitentiary establishments (*e.g. in France the so called "Agence publique pour l'immobilier judiciaire"*), not forgetting the referenced architects (although speak of experience, sport is unfortunately not often an institutional concern).

1st RECOMMENDATION to policy makers: Prisons do have to supply enough organizations, equipments and facilities to enable inmates to regularly practice PAS that may be used also for diagnostics and targeted goals with an activity-oriented way for pedagogical purposes.

There followed a work on:

- ☞ "Purposes of Sport in Prison" that can still evolve over the course of the experiment;
- ☞ Expectations of people under penal measures (Q1) such as inmates, but also juveniles in daycare centre,...;
- ☞ Proposals of professionals (Q2).

At this level, the participants started a work on the PEDAGOGY of SPORT in prison which did not succeed at this stage; this educational activity will be scheduled again either at the next transnational meeting (M4 / Finland / June 2018), or during C2 activity (Spain / October 2018).

2nd RECOMMENDATION to prison management: Even if expectations from inmates are sometimes different from domains identified through Q1 (mainly social motivations to leave cells, meet other inmates,...) and Q2 focuses, in any case all reasons are good to use PAS as a medium to prepare reintegration into society and to place prisoners at the centre of the learning space.

3rd RECOMMENDATION to prison management / sport instructors: it's also important to organize relationships between inside and outside prison within the world of sport in the local environment so to prepare and facilitate social reintegration for prisoners.

4th RECOMMENDATION to sport instructors: In prison environments, rules, values and standards of sport are mostly better accepted than legal requirements. Thus PAS are positively main accepted because its goals are feasible in a foreseeable period of time with non formal but regular feed-back information. Prisoners portray bad experiences of education which reaffirms the negative identities they have of themselves and then it appears important to take opportunity of PAS to reverse such continuity so to prepare further reintegration.



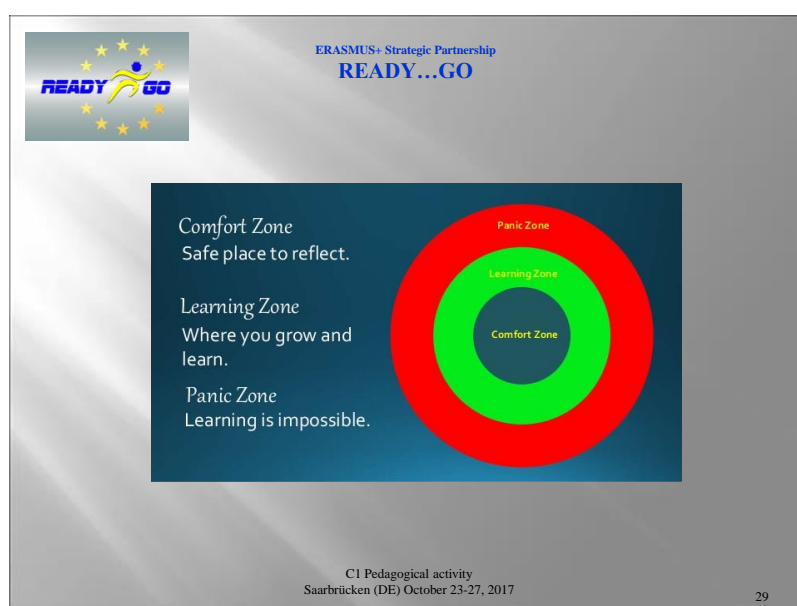
5th RECOMMENDATION to sport instructors: PAS offer good preconditions to initiate various learning processes and it is a perfect field to try out new ways of action and behavior that can be transferred to other areas of everyday life in society.

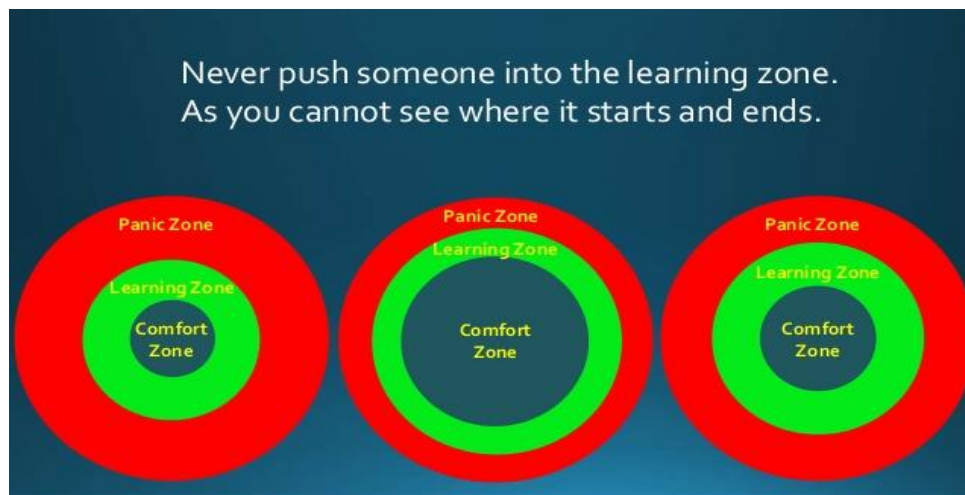
6th RECOMMENDATION to prison management / sport instructors: PAS allow to face unknown situations and to compete in good learning conditions because, in principle, the consequences of action or behavior do not overpass the context. It's so very important to take benefit of these situations so to develop and/or improve new skills and attitudes as well as topic knowledge.

7th RECOMMENDATION to sport instructors:

- ☞ 1st approach will have to be based on voluntariness by offering a wide range of PAS as psycho-social support to create relationship and interest for sport activities to larger target social integration within the prison context;
- ☞ 2nd period requires to focus on Goals / Aims by addressing issues based on activity-oriented way:
 - ① To promote personal capacity to act and develop social competence;
 - ② To mobilize ignored individual resources;
 - ③ To self develop in a social environment.

Participants, before leaving for lunch, all discovered the “Learning Zone Model” from Senninger.





With READY...GO, our aim is to develop the COMFORT ZONE by progressive but continuous increase of demands based on play-educational methodology and on activity-oriented learning.

LUNCH TIME

The full afternoon focused on the validation of LIGHTINGS proper to every transversal COMPETENCE in the context of Physical Activities and/or Sport (PAS). Recall: when partners left M3 (Malta transnational meeting), they all have to work on 7 competences (except France who got 9), all of these 51 transversal competences being validated by the permanent group of project partners starting from Q1 and Q2 crossed data.

It is therefore, from this individual work carried out to transmit to the coordinator of the project by the partners a week before the pedagogical activity C1 begins (note however the great delay of a country to transmit its information since arrived the previous day and another that did not provide anything) to discuss, adjust and finally validate the insights of each transversal competence in the context of the PAS.

DAY 2

The participants traveled to ZWEIBRÜCKEN prison (where our German partners work) for a full day on site divided into three stages:



1st part of the day: after the words of welcome given by the prison director and then by the deputy director, the participants continued the work started the day before by focusing on the validation of the SAPs that had been pre-identified by the partners during the previous meeting in Malta. Some changes were recorded which did not fundamentally change the distribution and number of activities for experimentation in each country; the partners also decided on a number of potential beneficiaries.

Document titled “**Breakdown of Sports and Physical Activities by partner country**” can be watched on the digital platform of READY...GO project / Meetings / C1 Saarbrücken (DE).

The partners then worked on the identification of associated skills that were intended to be used in a social reintegration preparation activity of the detained person at the end of his/her incarceration (and / or execution of his/her penal measure).



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What do we need to remember from yesterday (Senninger)?
What do we need to remember from Q1?

Which ones do we keep in regard of PAS for reintegration ?

Social integration / Perception of emotions /
Communication / Cooperation / Capacity for teamwork /
Self-esteem / Self-efficacy / Self-image / Self-reflection /
Assessment / Responsibility / Ability to deal with conflict /
Critical faculties / Autonomy / Problem solving / Flexibility /
Creativity / Critical thinking / Resource management /
Confidence / Mentoring /

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All associated skills have been validated with the exception of a single "mental abilities" that a majority of partners did not consider to be of their field. A debate has taken place on the subject as to the arguments of the others, but nothing has been changed: this description has been withdrawn definitively.

Document titled «**Cross-curricular competences, lightings and indicators through SPORT**» can be downloaded from the digital platform of READY ... GO project / Meetings / C1 Saarbrücken (DE).



2nd part of the day: a visit of the prison took place which allowed the participants to exchange with professionals intervening in prison (trainers, social workers, psychologists, ...) and also with prisoners.

The lunch was taken on site, offered by the prison, and prepared / served by female inmates invested in a professional program of preparation for the exit (cooking and service).

3rd part of the day: the afternoon was dedicated to meetings and sports activities in a first time with women in detention, in a 2nd time, with men in detention.

The activities engaged both the project participants and the individuals (F/M) in detention. For the first activity, it was a physical activity of DANCE prepared by a group of female inmates under the guidance of one of them. Project participants were cared for and monitored by the inmates themselves; this (very interesting) physical activity allowed, at its end and around a glass of water, to exchange on everything and nothing, in a spirit of sincerity tied around this time shared.



The 2nd time brought together project participants and male detainees around a volleyball match.





DAY 3, DAY 4 and DAY 5

The partners have taken note of a draft monthly return form to be produced each month during the experimentation period. They worked together, amended it and finally validated.

Document titled « **Monthly progress report on experimentations (Template)** » can be downloaded from the digital platform of READY ... GO project / Meetings / C1 Saarbrücken (DE).

From that moment until the end of the pedagogical activity, the participants were mixed into subgroups composed of 3 different countries to work on the identification of the indicators necessary to reach (or not) the identified competences as fundamentally necessary for positive social reintegration.

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Template for competence description

Name of the cross-curricular competence:

Agreed definition:

Essential knowledge, skills and attitudes are:

Knowledge: The learner...

- has knowledge of

Skills: The learner...

- is able to

Attitudes: The learner...

- is

Know-how to do

Know-how to be

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From there, the work developed during the days to be followed (D +3, D +4 and beginning of D +5) was the same. As just mentioned above, the recommendation was to work in sub-groups of 3 so as to divide the heavy task of identifying skills and then multiplying indicators. The setpoint was unfortunately not followed by all the participants since a representative took the initiative to follow a path other than that prescribed and also to gather around him 6 participants, rather than 3. There followed a number of discrepancies making the situation unmanageable. It was therefore necessary later to take the reindeers in hand but the delay made the work rest on the few remaining delegations (the last ones ended works very late on 5th day and only partially allowed to perform the task of identifying a panel of indicators to be measured to meet subsequent number of competencies).

Boards are downloadable from the digital platform of READY ... GO project / Meetings / C1 Saarbrücken (DE).



On Thursday, late afternoon after the working day, the German partner offered the participants of the project a Bubble Soccer activity, an activity that was highly appreciated by both players and spectators.





Bull'eyes evaluations

The questions to support evaluations that have been asked to all READY...GO participants were:

Day 1

- 1- Do you feel comfortable with READY...GO project' goals?
- 2- Was work on Definitions useful?

Day 2

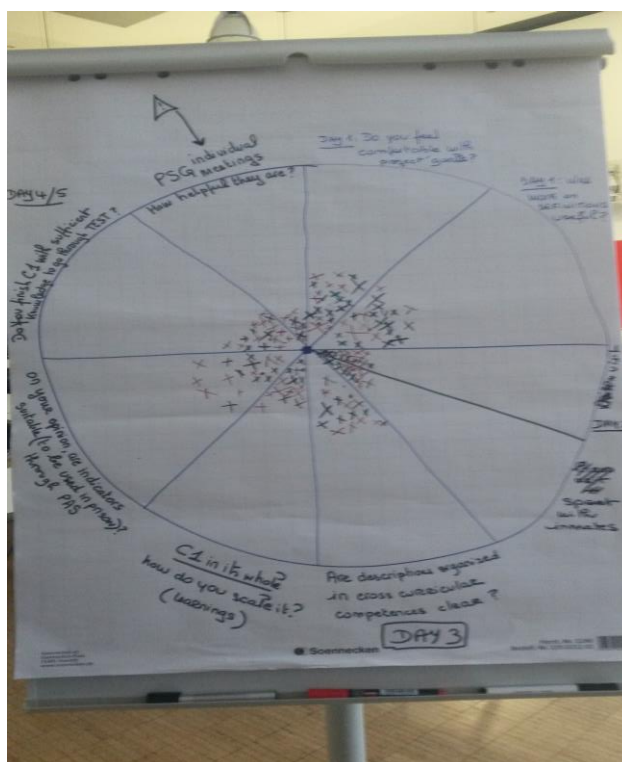
- 3- How interesting was the visit of ZWEIBRÜCKEN prison?
- 4- Do you consider as interesting the PAS activities developed by female inmates for both participants AND female inmates (collective dance)? Then the activity with male inmates (volley-ball match)?

Day 3

- 5- Are descriptions organized in cross-curricular competences clear?
- 6- How individual PSG meetings (all along the week) were helpful for national coordinators of each country who are in READY...GO consortium?

Day 4 and 5

- 7- On your opinion, are indicators suitable (to be used in prison) through PAS?
- 8- Do you finish C1 with sufficient knowledge to manage with test?
- 9- How would you rate C1 in its whole (learnings, discussions,...)?





Next Meeting Dates

M4 - in Finland - Arrival on June 11, 2018 for a departure on June 14, 2018. Meeting dates are 12-13.

C2 - in Spain –October 22-26, 2018 (Barcelona). Two sport instructors (they may be different from those who participated in C1) as well as READY...GO project' permanent person will have to attend this C2; a 4th professional (from each partner country) will join the group and partners will have to decide on his/her professional profile (can be a decision maker or a politician).

E1-E2-E3-E4-E5-E6-E7 correspond to national ending conferences organized around a European videoconference. The final date agreed by all partners during C1 is Thursday November 22, 2018 from 9:30 to 13:00 (with EU videoconference from 10:30 to 12:00) for DE/ES/FR/MT; for CY/FI/LV it will be +1:00 (10:30 to 14:00 with EU videoconference from 11:30 to 13:00).

Time for each EU speaker (1 per partner) will be 10'-12' (be aware of time needs by translation if not simultaneous -better to have it-. Shared topics will be discussed and debated in M4 (June 2018 in Finland); if needed before, one SKYPE meeting will be decided.

M5 - in Cyprus – Arrival on January 28, 2019 with departure on January 31, 2019. Meeting dates are 29-30.

Immediate Action notes

For German partner only

- ① To prepare and send ASAP the grid that sport teachers will use to validate cross-curricular competences during the testing period for each inmate.
- ② To send back the 3 evaluations (M1/M2/M3) that were not filled till now (by one German participant).

For all participants

- ③ To start the testing period between November 20, 2017 and December 04, 2017.
- ④ To organize 1st feedback reporting on tests for end of December 2017 using the document that was presented, explained and validated during C1 by all partners and participants; then to use the same document every month till C2 in October 2018. The present support actually includes 5 activities but it need to be increased to fit the number of activities really tested.
- ⑤ To send READY...GO quarterly financial reports (supports with scanned documents and copies of invoices) to the coordinating organization (FR) so for her to be in position to prepare the 2nd interim report to the French National Agency (with December 01, 2017 as deadline) that will may be allow to ask for the second 40% (if 70% of the 1st 40% already expended).