



SPORT OF

EQUAL

OPPORTUNITIES



Equal opportunities in sport



Stereotypes in sport



Brazilian jiu-jitsu as a way to achieve equal opportunities



INSTYTUT
PRACY I KARIERY



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FIRST OF ALL...

MEET US!



WE ARE A POLISH-CZECH GROUP OF PEOPLE THAT TAKING PART IN A PROJECT ENTITLED **SPORT OF EQUAL OPPORTUNITIES**. ON A DAILY BASIS, WE ACTIVELY TRAIN VARIOUS SPORTS, MAINLY MARTIAL ARTS AND BRAZILIAN JIU-JITSU. AS PARTICIPANTS IN THIS PROJECT, WE WANT TO DRAW YOUR ATTENTION TO THE IMPORTANCE OF EQUALITY, MUTUAL RESPECT, OVERCOMING YOUR OWN LIMITATIONS AND ACHIEVING SUCCESS ACCORDING TO THE PRINCIPLES OF FAIR PLAY IN SPORT. EQUALITY IN SPORT CARRIES OVER TO EQUALITY IN EVERYDAY LIFE. WE HAVE SOME IMPORTANT INFORMATION FOR YOU, READ AND **GET INSPIRED!**

What equality is?

Equality is a way to ensuring that each person has an equal opportunity to make the most of their lives and talents in all kind of areas. We can say that it is also the belief that no one should have poorer life chances because of the way they were born, where they come from, what they believe, or whether they have a disability. Equality focus on providing equal opportunities to everyone and protecting people from being discriminated against. Diversity refers to recognising and respecting and valuing differences in people.





EQUALITY IN SPORT

It is important to have an opportunity to be actively involved in whatever sport you choose, according to your talent, passion and physical ability. That's why sporting organisation should be committed to being inclusive and open to all potential sportspeople, regardless of age, gender, disability, cultural or religious background or sexual orientation, or other attributes that may lead to any person feeling excluded or isolated.

WHAT STEREOTYPE IS?

A stereotype is a generalized belief about a particular category of people. So it is an expectation that people might have about every person of a particular group.

The type of expectation can vary; it can be, for example, an expectation about the group's personality, preferences, appearance or ability.

Stereotypes are sometimes overgeneralized, overanalyzed, and inaccurate, and resistant to new information, usually they are painful, harmful and unfair.



Gender stereotypes in sports



There is a perception that women should not participate in certain sports considered to be 'typically' male, such as boxing or football. Moreover, there is often more recognition of sporting achievements by men than by women.



Stereotypes related to disability



Participation rates for people with disabilities are significantly lower than the general population. Some people think that individuals with disabilities shouldn't participate in sports because it's dangerous or impossible to achieve high results in sports. But people with disabilities can achieve a lot! For example in Paralympics but they are also able to compete with people without disabilities.



Stereotypes related to origin/cultural background



Sometimes you hear about how people from a certain culture or with a certain background should be good or bad at certain sports, like for example that Europeans only play soccer well or that all Africans are good runners and you should choose the type of sport due to your origin or culture.





Our Polish-Czech team knows that it's important to counteract stereotypes and to fight for equality in sport. For us, Brazilian jiu-jitsu is a space that allows us to achieve it. In this sport, we don't care about your origin, gender or limitations. We care about the technique, results, and common support!



And during this project, we have focused among others on:



fair play rules, learning how to win and lose with honor - not only in sports but also in everyday life;



drawing knowledge and skills from other, more experienced jiu-jitsu fighters during training in Tychy and daily training at the Animmals club in Zawiercie;



the importance of mutual support and assistance on the road to sporting success, and that success can only be achieved by playing according to the rules and treating other competitors equally;



sharing our own experience and knowledge with the local community, including through the implementation of jiu-jitsu classes for children and young people



OK, you've been through the whole adventure with us! The culmination of our mobility was the awarding of Youthpasses from Paweł Abucki, the President of the Institute of Work and Career Foundation, which reaffirmed our conviction that what we were doing made sense. We believe that equal opportunities in sports are possible and you can be part of it too!



GIVE YOURSELF A CHANCE AND JOIN ERASMUS YOUTH PROJECTS LIKE WE DID!



Implementator of the project:



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