

#7.FREE TO RUN. A REFUGEE PROGRAM

FREE TO RUN

2015, Hong Kong, China

<http://www.freetorun.org/>

All information in this entry is sourced from the link above and contact mentioned in the document.

Topic relevance

GRASSROOTS SPORT / GETTING OPPORTUNITIES / SPECIFIC WITH REFUGEES / EDUCATION

Factor of success DEVELOPMENT PATHWAYS

Type INITIATIVE/PROJECT

Language English

Target population

Female refugees in Hong Kong

Further information / Contact

www.freetorun.org

www.facebook.com/FreeToRunNGO/

[Twitter@FreeToRunNGO](https://twitter.com/FreeToRunNGO)

Contact, info@freetorun.org

Synthesis of the good example

The refugee program, organised by Free to Run, was organised in Hong Kong with the aim to provide hiking activities for a group of refugee women. This program with female refugees began in June 2015, in collaboration with the Justice Centre Hong Kong, providing hiking activities every week for a group of 15-20 women. In August 2015, they began a mixed-gender track training group. Free to Run is now including 45 refugees and provides them the first access-point to sports. Through sports, they are overcoming the social isolation of living as refugees in Hong Kong, dealing with past traumas, and rebuilding their self-confidence. Refugees in Hong Kong are not allowed to work or even volunteer, thus joining fitness activities are some of the few opportunities to re-develop their mental and physical strength.

Context and approach

The project is related to important human rights and fundamental freedoms, including the right to health and freedom of movement. Specially in areas affected by conflict, sports opportunities are extremely limited or even nonexistent due to a lack of resources and insecurity. Women and girls are especially restricted as a result of widespread discrimination and traditional beliefs about female roles. From this point, Free to Run began to focus specifically on supporting women and girls from conflict areas.

Highlights and outcomes

Free to Run's programme is an inspirational example of how sport activities are used to empower and educate women and girls who have been affected by conflict. Through running, physical fitness and outdoor adventure, they support those living within conflict areas as well as those who have been forced to flee and live as refugees outside of their home countries. This project helps to transform the lives of women and girls, developing opportunities for women and girls to become involved in sport and physical education. This good example will help you to understand how to: support women and girls, both in conflict areas and other areas where they live as refugees / focus on the right to health and freedom of movement, specially in female refugees / give to women and girls the opportunity to convene around a common interest, build their social networks, and develop their independence/ use sport programs, on an individual level, can help to develop emotional and physical well-being and personal power / use sport programs, on community, regional or national level as a tool to promote gender equity, enhance children's and women's rights, and address harmful discriminatory practices.

Information about project/organisation's holder

Free To Run is composed by a diverse team with a deep commitment to human rights and physical fitness. Through sports, they work everyday as volunteers to create a positive impact in the lives of women and girls from conflict-affected communities. Their mission is to use running, physical fitness and outdoor adventure to empower and educate women and girls who have been affected by conflict. They support those living within conflict areas as well as those who have been forced to flee and live as refugees outside of their home countries. The organization identify and work with two models of programs: 1 country programs: focus on individuals and communities in conflict areas / 2 refugee programs: provide support to those who have been forced to flee their homes.