

# Istanbul Culture and Sport Association

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To disseminate Experiential Learning through sports, culture and art.

## Background & Experience:

In 2010, a working group comprising of relevant sport experts, artists and local volunteers active in youth work commissioned research to document up to the needs of disadvantaged people in İstanbul. IKOS was set up to contribute the following areas:

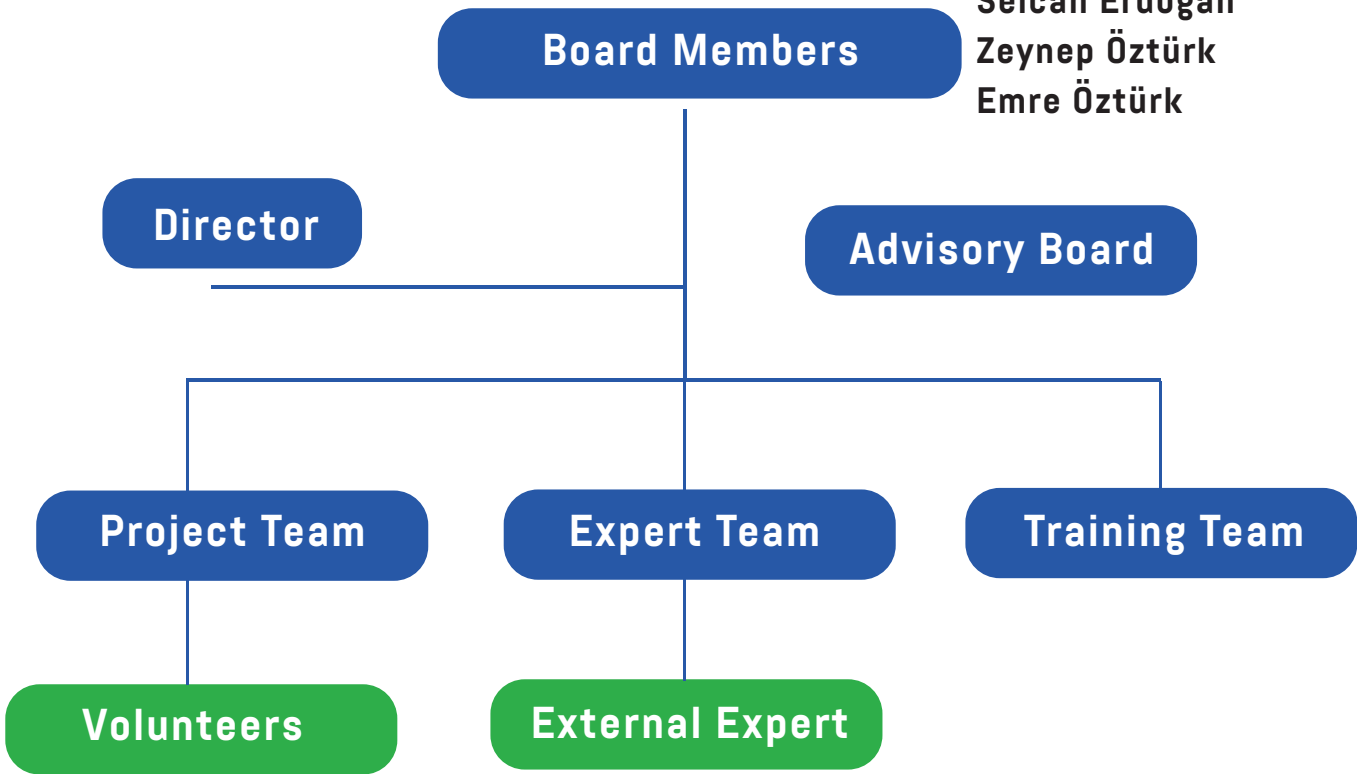
- Supporting the development of the community involves disadvantaged groups within mixed ages
- Awareness on Sports and Art as the tools for the empowerment of society
- Outreach sportive activities to the most vulnerable target groups
- Networking with existing inclusion and sports organizations

IKOS invests in empowerment and involvement of disadvantaged young people and kids who obtain soft skills, self-confident and shaping at their future with hope via art and sports. In order to reach the aims of IKOS, the activities have been run in 4 main fields.



# Organizational Structure

Mehmet Volkan Müderrisoğlu  
Okan Yahşi  
Selcan Erdoğan  
Zeynep Öztürk  
Emre Öztürk



**BOARD OF DIRECTORS:** Members who hold regular meetings and contribute to IKOS's visibility, prepare and follow IKOS's strategy.

**ADVISORY BOARD:** A board where the developed works of IKOS and its economic enterprise are consulted and opinions are taken.

**EXPERT TEAM:** Experts who support IKOS on a project/job basis.

**VOLUNTEER TEAM:**  
People who have participated in our volunteer program

**DIRECTOR:** Responsible for the functioning of the association's organs, tracking and reporting budgets and business plans, and monitoring the work of other teams.

**PROJECT TEAM:** Full-time/part-time employees responsible for the execution of operational tasks and the implementation of project activities.

**TRAINER TEAM:** Trainers who support IKOS on a project/job basis.

## As IKOS, we attach importance to digitalization.



We store our documents in print and cloud systems. Thanks to the cloud, our employees are not tied to one place. They can work together wherever they want.

Project management and big data processing have become very important in today's Civil Society studies. Business management software like Monday.com helps us organize, monitor and analyze our projects and data.



**PARAŞÜT**

With the pre-accounting program we use, our financial situation is always under control.

## Other tools we use for productivity

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Google Workspace



zoom



# Networking

Estonia

Germany

Greece

Lithuania

Malta

N. Macedonia

Poland

Portugal

Slovenia

Spain

Sweden

Turkey

United Kingdom



**International Experiential Learning Network is a platform that brings together institutions and educators working in the field of experiential learning from different countries.**



**[experientiallearning.net](http://experientiallearning.net)**

**Sport Studies 01**

**04**

**International  
Networking**

**Working  
Areas**

**Culture & Art**

**02**

**03 Youth Works**

# 1. Sport Studies

Sport is an effective tool we use for social empowerment. Within sport field, we aim to increase the usage of sport as a tool to combat with social inequalities and social exclusion problems in our societies. IKOS focus on conducting Education Through Sport methodologies in the works of NGOs and sport organizations. Education based sportive activities with hidden agenda are a major part of our sport studies in our works with refugees and immigrants, individuals with disability, women in NEET, socio-economically disadvantaged young people and seniors.

In the last 5 years, we have been cooperating with Turkish Basketball Federation, Turkish Tennis Federation, Bayrampaşa Municipality, Bilgi University Sport Management Department, TED (Tennis Fence Alpinism) Sports Club, Turkish Sports Foundation, Syrian Forum, Turkish National Olympic Committee, PPI (Peace Players International), Istanbul Metropolitan Municipality and Sport Istanbul. Since 2019, our organization is conducting education activities and awareness raising seminars to underline the role of sport to promote UN Sustainable Development Goals and its contribution to 2030 Agenda.



## 2. Culture & Art



We utilize platforms of culture and arts as a tool to approach social issues, particularly for Social Empowerment of excluded groups, such as minorities, refugees, people with physical disabilities etc. Art is an expressive tool that we use to reflect an issue and by exposing it trigger a search for its solution. Art therapy, creative drama, various theatre methods (Forum Theatre, Invisible Theatre, Newspaper Theatre etc.) are used to provide open spaces for disadvantaged groups to express themselves in more comfortable ways. Additionally, IKOS has run youth projects on intercultural learning theme with the participation of social and economic disadvantaged young people.

## 3. Youth Works

Working with young people is a major part of our association. By carrying out youth works we are aiming to reach the youngsters with fewer opportunities and enable them to become active members of the society. We encourage our young participants to volunteerism, active citizenship and raise their awareness on the issues (poverty, gender inequality, environmental issues etc.) surrounding them. We encourage our volunteers to take initiative on peer education to deliver various workshops to share their experiences and increase the competences of their peers. Additionally, we provide mentoring sessions for young people to meet with experts to see their success maps and give more insights about their visions. Implementation of Experiential learning based Non-Formal Education methodology is the core principle of these informative and interactive works targeting young people to increase their self-confidence, critical thinking, learning to learn, expression of culture, sense of initiative and entrepreneurship competences.

## 4. International Networking

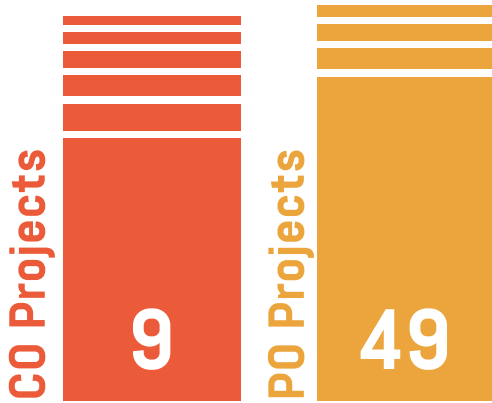
We bring organizations together from public – civil – private sectors which are working in similar fields and by doing so create a large international network among them. Since 2010, we've worked and been involved in 47 projects on national and international levels working with hundreds of active young volunteers. Our volunteers, which are reflective of our target group, are mixed age groups with either a background in the arts, interested in the field of culture, or are active in sports field in their own respect. Throughout these projects we've been in constant cooperation with international and national organizations and stimulate the synergies in the scope of intersectoral cooperation. IKOS is one of the founder NGO of International Experiential Learning Network (IELN) and advocate the education in and through sport & art for social empowerment across Europe.



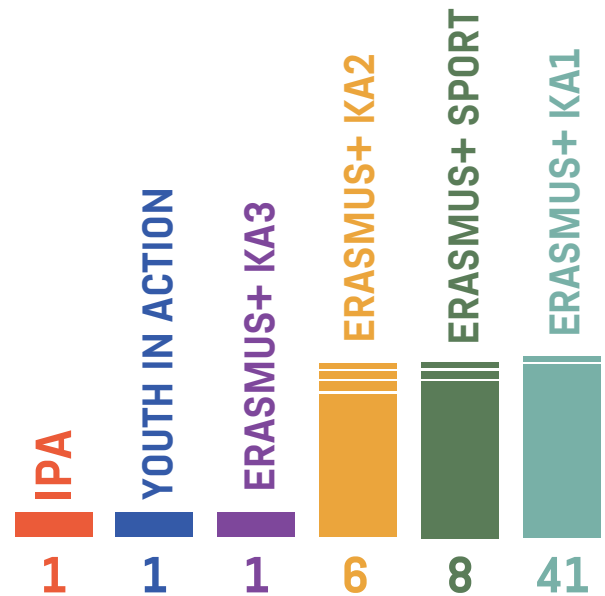
# **IKOS BY NUMBERS**

# Projects

## SITUATION



## PROGRAMME



## SUB PROGRAMME / TYPE



# Volunteering at IKOS

Ikos volunteers focus on constantly improving themselves by engaging in activities related to their areas of interest and enthusiastically sharing the knowledge and experience they gain with others. In this way, they become conscious and competent individuals in areas such as culture, art, and sports, shaping their lives accordingly. At the same time, believing fully in the power of experiential learning, they never neglect to apply the knowledge they have learned in practice throughout their lives. Thus, while improving their own skills in any given field, Ikos volunteers also help others to develop themselves.



75 volunteers who successfully completed the IKOS volunteer program

## IKOS Volunteer Program

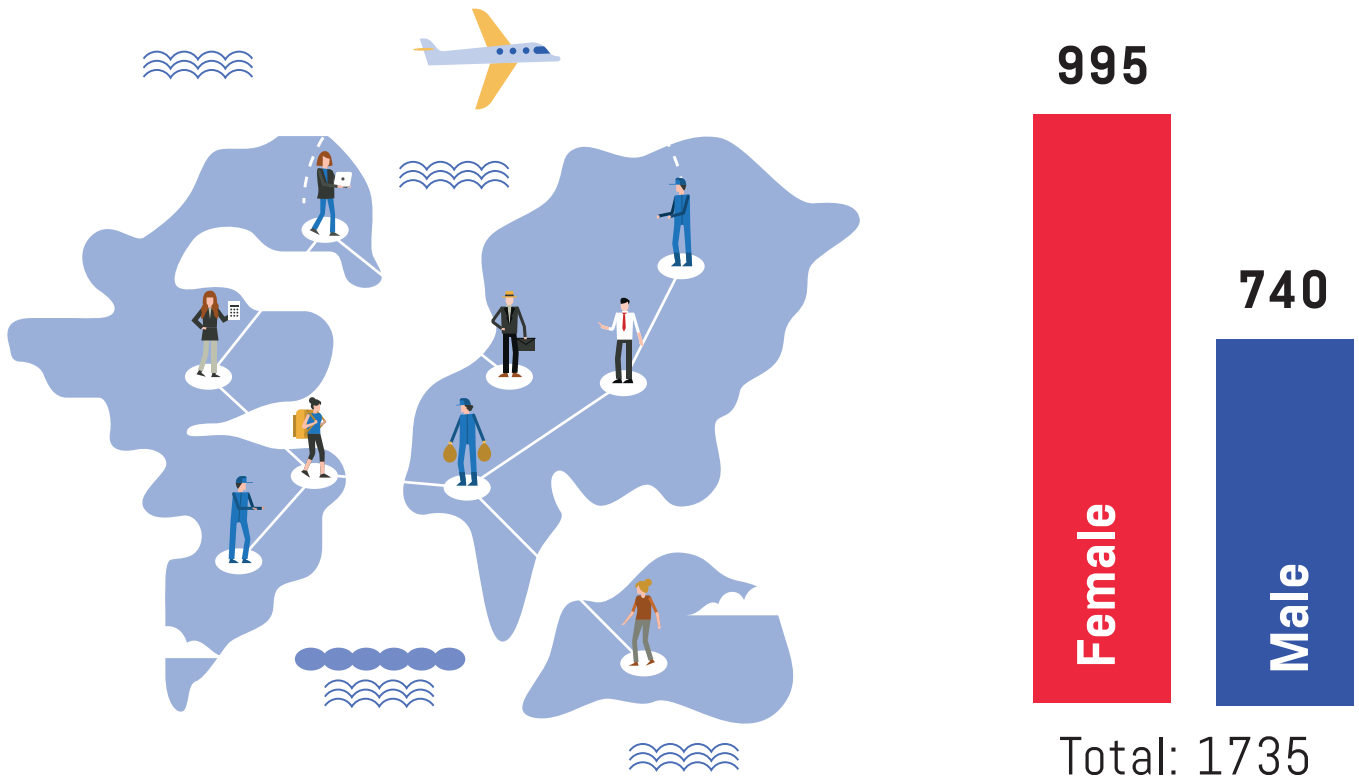
This program is offered both online and in-person, and is provided through the experianta.com website, of which the volunteer is a member and content developer. In this program, volunteers receive online education on the fundamentals of experiential learning, learning styles, learning through sports and art, intercultural learning, active citizenship, the foundations of volunteering, and social empowerment for vulnerable groups. Through these online courses, participants have the opportunity to shape their own learning processes and further develop themselves.

Besides the volunteer program, they can contribute to their personal development by taking other courses on the platform for free.

# International Mobility

Starting from 2022, in addition to our volunteer program, we have also launched an activity mobility training. Our goal is to ensure that our volunteers are more active and ready in our projects. With this training, they will learn the necessary skills to carry out our projects more efficiently and effectively.

The training content covers topics such as gaining knowledge about Erasmus+ projects, taking educational courses on experianta according to subject headings, and acquiring basic knowledge about documentation and reporting. Additionally, we bring together our new and experienced volunteers who will go abroad to share their experiences.



We conduct interviews with our volunteers after the mobility program. This way, we listen to and evaluate their experiences and achievements, and provide them with feedback on their performance. Additionally, we offer suggestions to help them better prepare for future projects.

Some of our projects

# Projects

2018 - 2023

# Women Empowerment in Sport

## Coordinator

Istanbul Culture and Sport Association 

## Partners

ASOCIACIJA AKTYVISTAI 

CHAMPIONS FACTORY 

TÜRKIYE TENIS FEDERASYONU 

## Summary

Our project aimed to increase the awareness and participation of young women between 15-24 years old in sport activities. As youth organizations are carrying various of social studies with Non-Formal Education methodologies, they don't have enough capacity to involve the sport methodologies into Non-Formal Education. On the other side, sport organizations are more often to used the technical and physical education aspect of sport but also they're not really capable of implementing youth work through sportive activities. In our project, these two types of organizations have found chance to increase their methodological capacities to implement various events within harmony of sport and social impact. Since our project aims to increase the competences (Knowledge, Skills, Attitude) of four target groups which are Other youth and sport organizations, NGO/Sport organization Workers, Youth/Sport Trainers and Coaches, Young People (especially young women between 15-24 years old), all these activities had long-term learning outcome for these mentioned target groups. Within the implementation of Kick Off Meeting; organizations and participants have increased their management capacity. Within Study Visit & Training Course, they have increased their methodological capacity and sharing the good practises among each other. Within International Sport Event, social and sportive activities have been merged and young people have learned by doing, by experiencing. Also attending Istanbul Marathon and watching volleyball Women March in one of the important sport complex in Istanbul have improved the Turkey's reputation in sport field and good practises have been shared with young people and organization representatives.



Start date 01-01-2019

End date 31-12-2019

# Play with me – games of the past, sports for today

## Coordinator

ASOCIATIA LIBER LA EDUCATIE, CULTURA SI SPORT 

## Partners

BUDAPESTI EGYESULET A NEMZETKOZI SPORTERT 

CHAMPIONS FACTORY 

ISTANBUL CULTURE AND SPORT ASSOCIATION 

UNITED SOCIETIES OF BALKANS 

## Summary

"Play with me – games of the past, sports for today" was 22 months Small Collaborative Partnerships project developed by 5 partners from 5 different countries (Romania, Bulgaria, Hungary, Turkey and Greece). The project collected 10 Traditional Sports and Games (two from each partner country) in a digital Handbook and in a Video Catalogue. These sports and games were promoted in local awareness raising activities organised in the partner countries. "Play with me – games of the past, sports for today" promoted the safeguarding of Traditional Sports and Games (TSG) as sports practices and intangible cultural heritage, the key challenge for the future development of sport and societies. In brief, the following activities were implemented:- From the 22nd to the 24th of February 2019, together with several representatives of our partner organisations, we went over the logistical and administrative aspects of the project - such as task deadlines - and settled the specific details of the next activities so as to ensure our project got off to best start!- The training course in July 2019 gathered all partner organisations to present each country's traditional sports and games among the 10 selected. Thus, we are closer to reaching our goal of promoting these games of intangible cultural heritage to people of all ages and other interested organisations.



Start date 01-01-2019

End date 31-10-2020

# Life After Sports

## Coordinator

CHAMPIONS FACTORY 

## Partners

ASOCIACION DE JUGADORES DE FUTBOL SALA 

ISTANBUL CULTURE AND SPORT ASSOCIATION 

MINE VAGANTI NGO 

PANEPISTIMIO THESSALIAS 

PRVA RIJECKA HRVATSKA GIMNAZIJA 

## Summary

### Background

"Life after sports" project deploys a multidisciplinary and committed Consortium of 6 partner organizations spanning 6 different European countries. The partnership represents a Network with a long-term perspective whose members will work on the development of a three-stage training programme targeted at 13-18 years old. Research confirmed solid methodology and framework was still needed for schools so that young athletes acquire the knowledge and skills needed for future employability.

### Objectives

To develop an innovative and comprehensive curriculum tailored to the needs of 13-18-year old athletes that will make possible the combination of high-quality training with effective face-to-face education. This age group is exactly at the point in time where it needs to prepare for the eventual transition by building skills and qualifications for their future employment, to develop a network of peers, but to also maintain their professional sport practice.



Start date 01-01-2019

End date 31-10-2020



Erasmus+

# Sustainable Development Through Sport

## Coordinator

ISTANBUL CULTURE AND SPORT ASSOCIATION 

## Partners

ASSOCIATION INTERCULTURA 

ASSOCIATION OF CITIZENS CEFE MACEDONIA SKOPJE 

ISTANBUL SPORTS ACTIVITIES AND ADMINISTRATION 

POVOD, ZAVOD ZA KULTURO IN RAZVOJ MEDNARODNIH  
ODNOSOV V KULTURI 

## Summary

The wellbeing of this and future generations, and of our European Union and our planet, depends on the progress we make in achieving inclusive and green economic development, in full respect of democracy, rule of law and fundamental rights. In the light of all these problems, Sustainable development objectives have been at the heart of European policy for a long time to ensure the equal rights & opportunities for all. When we look at the Key Competences of Erasmus+ Program, we can obviously create the link between Key Competences and UN Sustainable Development Goals. In our project, "Sense of Initiative and Entrepreneurship is linked with Decent work and economic growth; Social Competences for women in NEET has link with Reducing Inequalities; Learning to Learn is directly associating with Quality in Education; Civic Competences have direct link with Peace, Justice and Strong Institutions". All these competences and UNSDGs are complementary for each other and foresee such inclusive and sustainable development. All these goals and competences will help to improve the socially to increase their self-confidence, creating new opportunities and ways to be active part of their societies, being physical and mentally active in present. Our project is based on the numeric data of young people (aged 20 to 34) neither in employment nor in education and training (NEET). According to Eurostat Statistics on young people neither in employment nor in education or training, 17. When we analyze the facts through sex and age categories, there is a considerable difference between the sexes in relation to the proportion of young people who were NEET. After we see all these numbers, we believe that prevention of high women NEET rate is passing by raising awareness and improving the key competences of these young women to involve them as more active parts of our societies. In order to make this change happen, our methodology will be based on the usage of sport for social excluded groups in our societies. We know that sport can strengthen the boundaries of vulnerable groups with societies. In the light of this argument, we will design all of our thematic trainings by using Sport Methodologies.

[sportforsdg.com](http://sportforsdg.com)



Start date 01-09-2019

End date 31-08-2022

# FIT FOR KIDS EUROPE

## Coordinator

FITFORKIDS 

## Partners

ASOCIACIA ZA RAZVITIE NA BULGARSKI SPORT 

AVENTURA MARAO CLUBE 

ISTANBUL AVRUPA ARASTIRMALARI DERNEGI 

ISTANBUL CULTURE AND SPORT ASSOCIATION 

L ORMA SSD ARL 

## Summary

This Big Collaborative Partnership "FITFORKIDS Europe" is a continuation and further development of the Small Collaborative Partnership 2018 "FitforKids EU". The long-term goal of FIT FOR KIDS is to establish a network thru out EU of free local childhood obesity interventions aimed at children 7-15 years of age and their families based on our scientifically documented FitforKids-program. The objective of this BIG CP is to

- increase the number of potential partners who are aware of the FitforKids partnering possibility
- improve the extent to which the FitforKids organization is capable of holding on to the Potential Partners and successfully bringing them to the next level as FitforKids Executive Partner
- further expand the FitforKids European presence with a start up in the largest Member State in the Union; Germany,
- develop a language and culturally adapted version of the FitforKids Program targeting the large Turkish Minority in EU-member states
- and finally to provide the FitforKids Online Health Program aimed to support FitforKids Partners and FitforKids families all over Europe. Indeed this BIG Collaborative Partnership is an ambitious, important and innovative next step building a Europe even more Fit for Kids.



Start date 01-01-2020

End date 30-06-2023

# Healthy Life Happy Life for 60+ Seniors

## Coordinator

ASOCIACIJA AKTYVISTAI 

## Partners

ISTANBUL CULTURE AND SPORT ASSOCIATION 

KLUB SPORTOWY BENIAMINEK 03 

ZAVOD ZA SPORT SLOVENSKE KONJICE 

## Summary

### Background

The idea of the project was to Raise the Life Standards of 60+ Senior citizens by building a structured dialogue among different authorities to increase elderly people involvement in Sport and Physical activities and actively involving them into Policy making process. Due to the covid, we had to reschedule some activities and meetings in different order, we don not think it had a negative effect on derivatives/results of the project.

### Objectives

01 - To Raise the dialogue and Cooperation among various in project involved parties at Local and International level to share their know how to implement better sports related programs for 60+ senior citizens and to improve cooperation between them. 02 - To encourage and to motivate 60+ Senior Citizens to be actively involved in Sport and Physical activities. 03 - To raise the involvement of all parties in Policy Making process. In general, the objectives were reached in a good extend.

### Implementation

Project activities were implemented within 5 phases: Preparation, Networking, Sport Activities, Policy Making, and Dissemination phases. They were based on 4 Working Packages( WP ) and according to expertise shared between partners: (WP1) Administrative, lead by Aktivistai as the Coordinating organisation; (WP2) Dialogue and Networking, lead by Slovenian Partner in cooperation with Aktyvistai; (WP3) Sport Activities, lead by Turkish partner; (WP4) Dissemination, lead by Polish Partner.



Start date 01-01-2021

End date 30-06-2022

# Interculturality learning for Entrepreneur

## Coordinator

Puglia à la Breizh 

## Partners

COLLECTIU LA VIBRIA DINICIATIVES CULTURALS PER LA TOLERANCIA I LA INTEGRACIO 

ISTANBUL CULTURE AND SPORT ASSOCIATION 

ISTITUTO FORMAZIONE OPERATORI AZIENDALI 

## Summary

In a context of internationalisation of companies and teams, in a context of the need to adapt and to know how to deal with change (with the coronavirus crisis), the local and global challenges of entrepreneurship can rely on intercultural skills as a source of possible responses to difficulties: openness to otherness (curiosity, empathy), self-knowledge (and evaluation of one's own models), negotiation between one's own beliefs and those of others (without wanting to identify with the Other), competence in interaction and analysis (to act together towards common goals) Through our project "ILE" we want to show that intercultural competences are "bridges", are transversal with the competences necessary to develop a sustainable entrepreneurial activity, which knows how to adapt and face change. Our project is the setting up of a training course on intercultural learning and the development of key competences for a group of trainers working in the field of professional training for adults. Objectives The first aim of our training course was to equip the "trainer-learners" with the tools to understand the challenges of intercultural learning, by really experiencing cultural diversity. The participants will have to acquire and understand the basic skills of intercultural learning - Reflect on and acquire the meaning of intercultural processes in problem solving. - share skills and experiences on the use and place of interculturality in adult education work - to learn and understand concepts about learning methods used in educational activities - be able to develop and experiment with new methods to improve daily work - to be able to be creative in developing and facilitating intercultural learning activities.



Start date 01-09-2020

End date 28-02-2022

# The Creative Gang

## Coordinator

ASSOCIATION INTERCULTURA 

## Partners

COLLECTIU LA VIBRIA DINICIATIVES CULTURALS PER LA TOLERANCIA I LA INTEGRACIO 

ISTANBUL CULTURE AND SPORT ASSOCIATION 

ISTITUTO FORMAZIONE OPERATORI AZIENDALI 

SC ENOA LINGUISTICS SRL 

## Summary

The Creative Gang, a partnership between 5 structures from France, Italy, Spain, Romania and Germany

Establishment of a training course on Creativity, on innovation: for a group of trainer, project coordinator.

following theoretical contributions on creativity, and reflection on our experiences and practices, arriving at the end of the training process to be force of innovation on 3 registers more particularly:

- new form of structure for adult education
- new project, innovative process in the framework of the European level
- re-examine our methods, our programs, our activities

For this purpose, 4 training course of 3-day trainings will be set up for 10 trainers from the partner structures.

- vocabulary and history of creativity
- The brakes of creativity
- Tools, group animation technique of creativity
- Creativity in the service of future project

this in order to:

- Develop personal creative abilities
- Lift the brakes and stimulate his creativity
- Solve problems creatively
- Practice ideas production tools
- Tools to sort and select ideas



Start date 01-09-2020

End date 28-02-2022



# POLICY COHERENCE FOR SUSTAINABLE DEVELOPMENT PROJECT

## Coordinator

FEIO 

## Partners

POVOD 

IKOS 

EBAGEM 

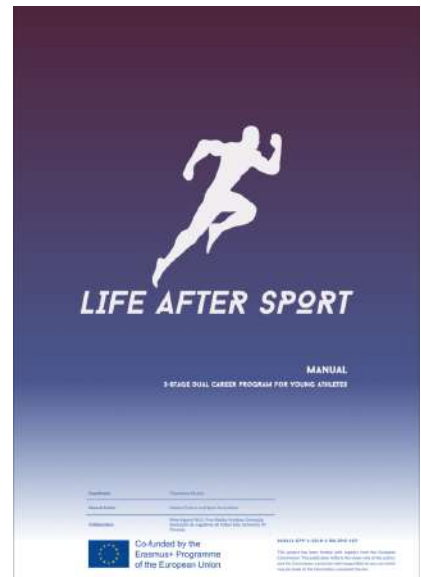
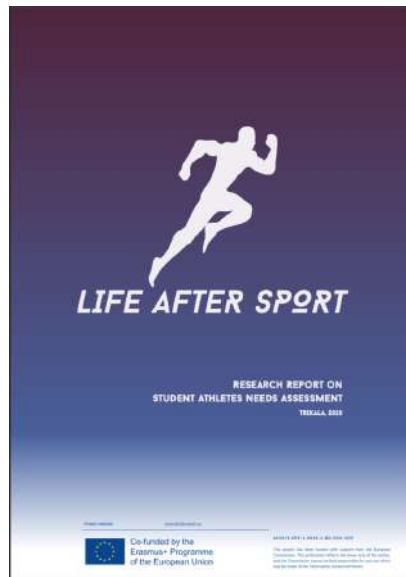
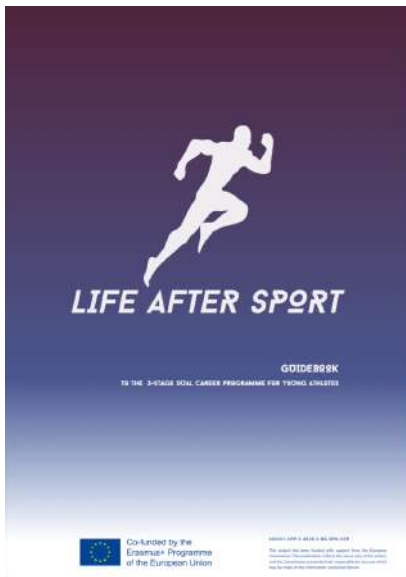
GEGED 

## Summary

The "Policy Coherence for Sustainable Development" project is financed by the Central Finance and Contracts Unit (CFCU) and implemented within the scope of the Civil Society Support Programme - III (CSSP - III) with the partnership consortium which consists of Fundacja Europejski Instytut Outsourcingu (FEIO) as the lead applicant and Povod Institute for Culture and the Development of International Relations in Culture (POVOD), Istanbul Culture and Sports Association (IKOS), Development Center Association of Individual with Disabilities and Their Families (EBAGEM) and Gaziantep Education and Youth Association (GEGED) as partners. The overall objective of the project is building mutual and sustainable cooperation between youth organizations from EU and Turkey through raising cohesion policy making skills and ensuring positive attitude towards the bilateral partners in the frame of EU – Turkey. Specific objectives of the project are: - To raise the consciousness of the CSOs in EU and Turkey about mutual cooperation to build a sustainable and inclusive background and apply common European Values & United Nation SDGs - To raise the organizational capacity of Youth CSOs to increase the structured dialogue making process among other NGOs and Public Authorities - To inform the people in Turkey and in EU about the mutual benefits and to raise the positive opinion about Turkey in EU.

# Resources

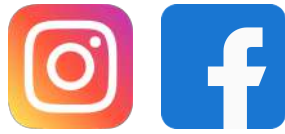
## Intellectual Outputs & Publications





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[@ikos.org.tr](https://www.instagram.com/ikos.org.tr)