



**International Workers & Amateurs  
Sports Confederation**

# Mamanet

- International sports movement for mothers of all ages and women over 30 (origins in Israel)
- The game: Cachibol (simplified version of volleyball)
- Part of the **CSIT World Sports Games**
- Social aspects:
  - Networking
  - Sense of community (integration & inclusion)
  - Promoting health



# Refugees in



- **Issue:** Sport is not accessible to all women...
  - ...due to financial & family conditions
  - ...due to religious backgrounds
  - ...especially for women with migrational background
- Therefore Mamaned Austria is addressing women and children directly
- Training sessions in “protected environments” (no men allowed) directly in refugee homes





# Integration & Inclusion: *Integration Team*

- Women can find appreciation, a joyful distraction from the often difficult daily life, gain self confidence and are willing to make changes in their environment as well as to take on other role models
- Up to 20 different refugee groups train up to 3 times a week and a possibility to play in the Mamanet League Austria
- Some women had never played sports before and became important players in their teams
- Participation of an *Integration Team* at the CSIT WSG 2021 thanks to financial support of the Austrian Ministry of Sport and the organizational support of ASKÖ



# Integration & Inclusion: *Mamanet Coaches*

- 14 women with refugee backgrounds have already completed the official Mamanet Austria *Coach Education*
- Takes place once a year at the Sports University Vienna
- Positive effects:
  - Earning some money and gaining independence
  - Own Mamanet email address & bank account
  - Social exchange in Mamanet leads to changes in lives
  - Positive discourse on “headscarf” – many women took it of





# Integration & Inclusion: *Mamanet Coaches*

- Mamanet Austria also supports asylum procedures for women, who take regularly part in the Mamanet courses and include themselves positively

