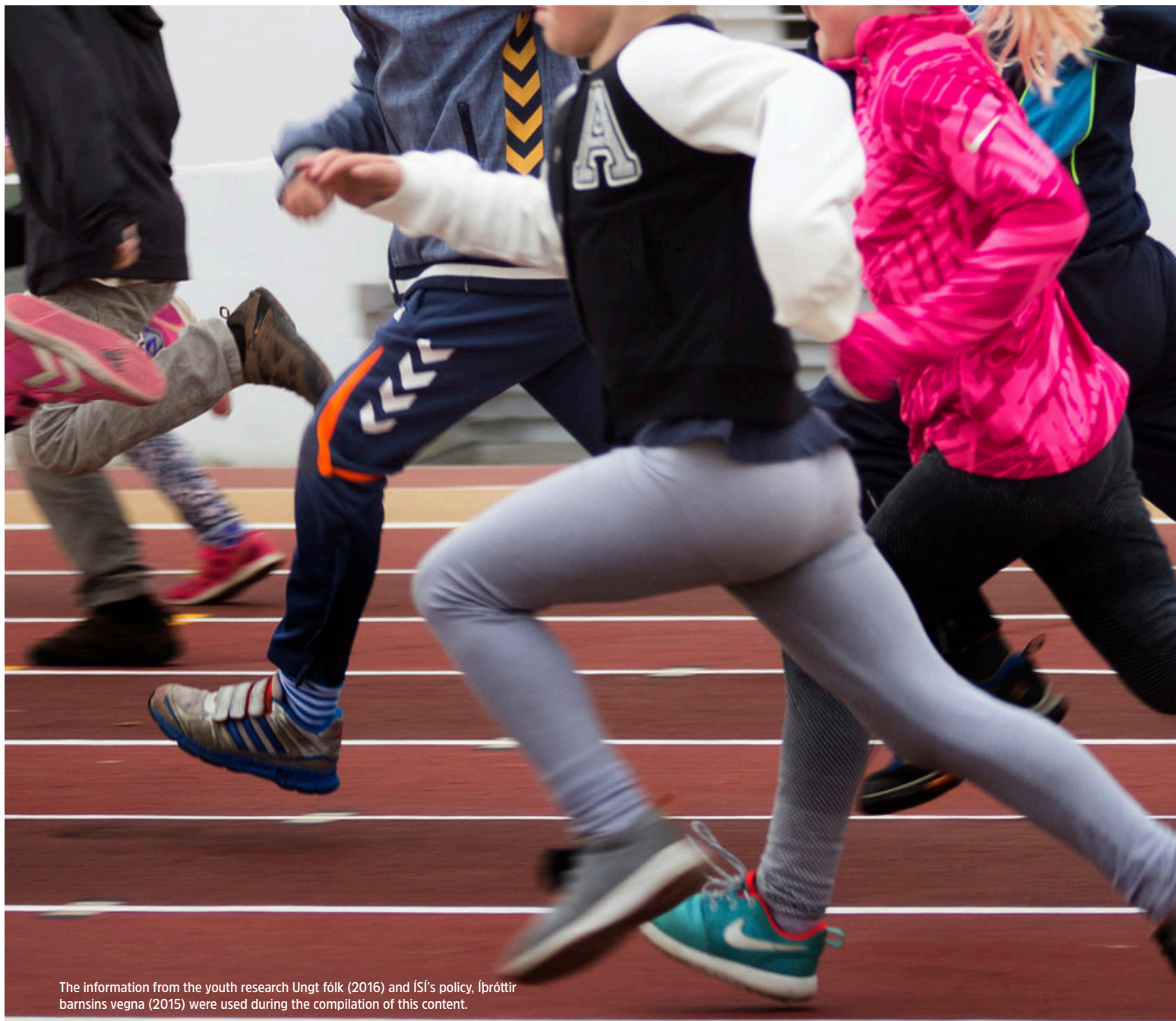


**ENSKA  
ENGLISH**



# SPORT FOR ALL!

**INFORMATION ON THE OPERATIONS OF THE YOUTH  
AND SPORTS ORGANIZATIONS IN THE COUNTRY**



The information from the youth research *Ungt fólk* (2016) and ÍSÍ's policy, *Íþróttir barnsins vegna* (2015) were used during the compilation of this content.

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## COME ALONG

Participating in sports is fun. By participating, your child is introduced to new friends, it strengthens its health and can increase its proficiency and knowledge of Icelandic. Those children and youth who participate in sport activities in an organized manner are often more successful in their studies and through sports, the parents as well as their children obtain a greater social support network.

Sports are for everyone and everyone can participate regardless of the colour of their skin, race, religion or culture. Interest and participation in sports brings people together and often gives them an opportunity to participate in discussions. The language of sports is international. A ball bounces in the same language in Icelandic and Polish and you can jump just as far in Swedish as you can in Thai.



## SOMETHING FOR EVERYONE

Iceland has a great tradition for children and youth participating in organized sport and youth activities. According to surveys, sports are the most popular leisure activities for children, and about 80% of children around the age of 12 are actively training in sports with a sports club.

There are about 500 sports clubs operating in Iceland. The availability and number of the types of sports available varies between clubs. It is more likely that a child can choose from a variety of sports within their club when they live in urban areas, whereas the supply may be scarcer in rural areas. The field of interests of children and youth also vary between fields and different types of sports. Some children like working in groups and they can find their place in group sports while other children do better in individual sports. It is important to let children and youth find their place by testing out various sports so that they can find the sport which they like. Most sport clubs invite children and youth to attend practice and try out the sport for a few days without paying the participation fee. By doing this, youth are given the opportunity to try out many sports and find a sport which suits them.

## ORGANIZED SPORTING ACTIVITIES

Most children and youth participate in sports because they think it's fun. Children and youth have an equal right to engage in sports and be appreciated, regardless of their origin, social standing, skin colour or gender.

When talking about organized sporting activities, we are talking about the operations of sport clubs where children and youth practice sports under the guidance of a coach. Sport clubs do their best to offer a responsible and good operation with happiness and enjoyment as their guiding light. In that, their coaches have an adequate education or extensive experience and children and youth can participate for their own reasons. Often the sports arenas or facilities are like the children's second home. Therefore, parents are encouraged to familiarize themselves with the education and experience of those coaches who are working in the sports clubs. It is very common that both men and women are working with the sport clubs in various sports.

## THE BENEFITS OF EXERCISE

Daily exercise is necessary for the children and youth's normal growth, development and mental- and social wellbeing. According to the Directorate of Health, children and youth should exercise daily for at least 60 minutes. Those children and youth who exercise regularly during childhood are much more likely to continue exercising into adulthood.

Research has shown that participating in organized sport activities has various positive effects on the wellbeing and behaviour of children and youth. Children and youth who participate in formal sporting activities are provided with a release for their need to move and are less likely to use tobacco, alcohol or other narcotics. Also, they are more likely to be healthier and feel better mentally, physically and socially than those children who do not participate in the activities.

Participation in organized sporting activities has a positive effect on the personal growth and development of individuals. Children and youth learn ethics, integrity, respect, cooperation, loyalty and commitment by participating. They also learn how to deal with victory and setbacks, set goals for themselves, work hard and be considerate, work in groups and respect other people's opinions and follow rules. Participation in sports also emphasizes important values such as team spirit, unity, tolerance and fair play. Also, participation increases the feeling of belonging and participating and in that way sports can play an important part in activating the participation of immigrants in the community.

## PARTICIPATION FEES AND LEISURE SUBSIDY

Sport clubs collect participation fees for their organized sporting activities. The fees vary depending on the sport clubs, age of participants and the number and duration of the practices throughout the week. Information on the participation fees may be found on the website of the relevant club.

The sports and leisure subsidy for children and youth may be applied for with most municipalities in the country. Parents/guardians may allocate the subsidy for sports- and leisure activities for their children as long as the course/activities are ten weeks or longer. The amount of the subsidy varies between municipalities as well as the ages it applies to. The municipality offices can provide further information on the subsidies and they may also be found on the homepages of the municipalities, often in many languages.

## CLOTHING

Light clothing, i.e. shorts, sports pants and a t-shirt is enough for training in most sports. In outdoor training, clothing choices must be decided based on weather. Uniforms must usually be obtained before competitions and will the sport clubs provide further information on them. It varies between sports and the children's ages whether shoes are necessary or not.

## PARENTAL PARTICIPATION

Parents and guardians can play various roles and jobs within the sports- and youth organizations. Usually their participation is referred to as volunteer work, which entails individuals providing their work efforts voluntarily, without restitution. An example of these roles and parts which parents and guardians play are for example, fundraisers, board and committee memberships, various custodianships during events and more which are related to the operations of the organization.

The reasons why people do this volunteer work is, among other things, that it is a way for them to get to know other parents, coaches, administrators of the organization and in that fulfil their social needs as well as helping their organization reach its goals for the sport. Participation in the volunteer work also provides an opportunity to familiarize oneself with the rules of the game, how the operations of the organization works and general organization operations. The participation and support of the parents and guardians is important for the children and youth and increases the likelihood of the child continuing their sports participation. Your contribution is greatly appreciated.



## Q & A

### What should I do if I want to enroll my child in sports?

Contact a coach or the organizations administration. It is very likely that you may find information about the e-mail and phone number at the organizations website. The sports centre's employees often have information about the names and phone numbers of the coaches.

### Should I, as a parent, stay during the entire practice?

It varies between sports and the age of the participants whether they expect parents/guardians to watch the practice or not.

### What if my child doesn't speak Icelandic?

The language of sports is international. Children and youth can participate very well despite not knowing Icelandic.

### Does it cost anything to come and try out?

Children and youth are often allowed to come and try out sports without any fee. It is best to contact the organization for further information.



**FJOLLA SHALA**  
KOSOVO / ALBAN  
FOOTBALL - BREIDABLIK

Sports made me into the person I am today. They helped me stay on the right path in life. Because of sports I have been able to travel to a lot of countries and gotten to know some great people. My sports team is like my family.



**MACIEJ BAGINSKI**  
POLLAND  
BASKETBALL - NJARDVÍK

When I started playing sports it got easier for me to learn Icelandic. I learned a lot from the other kids I was playing with. I have met so many great people and have made so many new friends. Sports have helped me to become a part of the community in Iceland.



# What sports for

**STIVEN T. VALENCIA**  
COLUMBIA  
HANDBALL - VALUR

Participating in sports has made me into a healthier individual and has helped me improve my self-confidence.



**IVANA JORDANOVA**  
BULGARIA  
BASKETBALL - HSV

Basketball gives me goals in life. I am happier than I was before, I've made new friends, and have had the opportunity to travel. I'm also doing better in school after I started playing sports.





**BAKIR ANWAR NASSAR**  
**IRAK/ PALESTINE**  
 FOOTBALL - ÍA

Football is almost like a different world to me, like a different religion. When I started playing football, it helped me learn Icelandic. I also made friends for life. It made it easier for me to adapt to society. Without football I wouldn't be the same person I am today.



have  
 done  
 you?

**ARON HUYNH**  
**VIETNAM**  
 KARATE - ÍR

Sports have made it possible for my dreams to come true. When life is hard, I can always look to my sport. There I will find support and the road to happiness.



**SAMAR E ZAHIDA**  
**PAKISTAN**  
 TAEKWONDO - ÁRMANN

When I was nine years old, my parents signed me up for Taekwondo. During the first practice I fell in love with the sport and have never looked back. I have experienced so many new things through sports, learned to get organized, travelled to other countries, won small and big victories, and met amazing people.



**MINELA CRNAC**  
**BOSNIA**  
 FOOTBALL - SNÆFELL

Sports are so much more than just showing up for practice. After I started playing football I made so many new friends and I always had something to do. Playing sports was the best decision I ever made. I recommend you try it!



**VUK OSKAR DIMITRIJEVIC**  
**SERBIA**  
 FOOTBALL - LEIKNIR

I have learned a lot of new things through sports. Sports has given me improved strength as well as good friends. Going to a football practice with my friends is my favorite thing to do.

Vieni e participa  
**Come Along!**  
Przyjdź i dołącz do nas!  
Viens et participe.  
Hãy đến và cùng tham gia  
Ven y participa  
Vem e participa  
來參加吧。  
Kom og deltag  
Tule mukaan  
와서 함께합니다.  
**Komdu og vertu með**

Ела и бъди с нас  
**Komm und mach mit.**  
Kom en doe mee  
Приходите и присоединяйтесь к нам  
Halika't sumali at makilahok!  
Prisijunk ir tui  
Kom och delta  
Dodí i učestvuj  
มาเถอะ มาร่วมกับเรา  
来て、一緒にしましょう。  
Eja, bashkohu me ne

Kom og bli med

## Further information

The sports movement in Iceland consists of two national organizations, on one hand there is The National Olympic and Sports Association of Iceland (ÍSí) and on the other hand there is The Icelandic Youth Association (UMFÍ). You can obtain information on the sports clubs in your neighbourhood by contacting ÍSí's offices at 514-4000 or the UMFÍ service centre at 568-2929. The homepage of the organizations are: [www.isi.is](http://www.isi.is) and [www.umfi.is](http://www.umfi.is)



VELFERDARRÁÐUNEYTIÐ



UMFÍ