



Idea

The Move Together MiTu project initiated by Sport Union Schweiz has committed itself to the goal of using pre-school exercise and gymnastics to promote integration across the country. Families from different cultures and families with children with disabilities will be included in pre-school gymnastics in a relaxed atmosphere. This coming together goes beyond getting to know different cultures and languages as it simultaneously combats prejudice and helps overcome the fear of contact. The children are able to make the most of the opportunity to engage in physical activity as well as develop basic capabilities and social skills to prepare for starting school. As a result, not only children between the ages of 3 and 5 but also the parents are integrated into the community and club life.

The MiTu project is based on the four-pillar model:

1. Networking

The project is networked on a national, cantonal, regional and local level. Networking partners include specialist units, organisations, projects, professionals, clubs and associations.

2. Coordination & Communication

The club is actively supported by the project management, which is responsible for overall coordination. This frees the club from any additional expense and ensures quality assurance and sustainability at the project location. Key information on the local pre-school offering is communicated to the target group using a flyer printed in 14 languages.

3. Training and development

The pre-school gymnastics instructors complete the basic pre-school gymnastics course and participate in MiTu training once a year. The training is designed to offer the instructors a platform for exchanging ideas, enabling practical

and theoretical transfer of knowledge, sharing professional input on areas of intercultural competence and inclusion, and reflecting on their own values.

4. Research

The cooperation with universities, specialist units, institutions, organisations and projects within and outside Switzerland guarantees the academic basis of the project, enabling academic findings to be integrated directly into the project.

The MiTu project aims to

- make it easier for families with special needs to enter the club system and promote physical activity.
- use social diversity as an opportunity for mass sports and sensitise families to the importance of children's physical activity.
- actively promote and help shape cooperation between different players in the field of early enhancement and sport.
- network pre-school exercise and gymnastics programmes at local, regional and national level.

Contact

Elias Vogel, project manager MiTu,
041 262 13 26
info@mitu-schweiz.ch
www.mitu-schweiz.ch