

## **NGO Moviendo, Chile: Right to leisure through sports, physical activity and recreation**

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### **1. Short introduction:**

Moviendo is a non-profit Non-Governmental Organization that works to promote the right to leisure through the practice of sports, physical activity and recreation, especially in the most vulnerable groups of our society.

The NGO began its activities in 2016 and since then, among other activities, it has developed two permanent non-formal education programs called “Escuela del Movimiento” (“School of movement”) and “Club del Movimiento” (“Movement club”) in which young volunteers participate with children from the slum called Felipe Camiroaga, in Viña del Mar, Chile. The general objective of these programs is to generate leisure opportunities through the practice of sports, physical activity and recreation, for the children of this slum, providing a space for meeting and social participation.

The organization hasn't ties to any political party, church or other entity, it is an independent and self-managed organization, whose financing is obtained mainly from donations from individuals and from applications to competitive funds.

The NGO's permanent work team is made up of twelve (12) people, of which only three are over thirty (30) year of age, all are volunteers. This team is joined by people who carry out sporadic volunteer actions in the execution of some of the programs.

### **2. Location – introduce:**

NGO Moviendo is located in the city of Viña del Mar, in the region of Valparaiso, Chile. Specifically, the work of the “Escuela del Movimiento” and “Club del Movimiento” has been carried out in the slum “Felipe Camiroaga”, in a neighborhood called “Forestal”. It is one of the most marginal places in Viña del Mar, which is also inserted in the region with most slums in Chile, according to data from the Ministry of housing and urbanism (Ministerio de Vivienda y Urbanismo, 2018-2019) there are one hundred eighty-one (181) slums in the Valparaiso region, with twenty-six thousand two hundred sixty-six (26.266) people living in these.

### **3. Target group - for whom did you deliver you help, did you have any partners**

The beneficiary group of our organization are mainly boys and girls between eight (8) and twelve (12) years old from the slum “Felipe Camiroaga”. An average of twenty-three (20) children from this precarious settlement have participated in each of the versions of the “Escuela del Movimiento”, and twelve (12) children have participated in the “Club del Movimiento”.

Children and adolescents are one of the groups with the greatest possibilities of exclusion and vulnerability in our societies, especially if they are inhabitants of slums, since it's a precarious and irregular housing situation. According to data from the Ministry of housing and urbanism (Ministerio de Vivienda y Urbanismo, 2018-2019), more than half of the slum households in Chile have a female head of household, a situation that increases vulnerability given that women receive lower income and have more precarious jobs than men. According to the same source, families have come to occupy these spaces mainly motivated by the inability to pay rent and the need to become independent by living in overcrowded conditions in family homes, this being also one face of the multidimensional vulnerability situation in which they find each other.

On the other hand, we have recently developed an experience benefiting twelve (12) people with intellectual disabilities in Valparaíso Region. However, our application for this recognition will focus on the program described above.

The NGO doesn't have formal links with strategic partners, but they have collaborated with the implementation of the “Escuela del Movimiento” and “Club del Movimiento” programs, various non-profit organizations, foundations and, to a lesser extent, universities. The collaboration of these entities is expressed in the loan of spaces and sports implementation (University of Viña del Mar and Pontifical Catholic University of Valparaíso) and in the collaboration of specialists in some disciplines such as surfing, yoga, hockey, among others (for example Red Transformacion Educacional, ONG EVALUTILE, ONG Vive Consciente, Aurora Naturaleza, Academia de Surf Freesport, among others).

### **4. Activities - what kind of activities did you investigate**

Both “Escuela del Movimiento” and “Club del Movimiento” are non-formal education programs that seek to generate leisure opportunities through the practice of sports, physical activity and recreation for children of the slum “Felipe Camiroaga”, providing a space for a social gathering and participation. Therefore, in addition to specific activities, the programs focus on two fundamentals axes:

- (I) *Right to leisure*: promotion of the valuation of leisure as a fundamental dimension of human life and with the potential for social transformation.
- (II) *Social participation of children*: promoting the involvement of children in decisions about their leisure activities and training in essential values for good leisure and

social coexistence such as respect, responsibility, right to opinion, sustainability, among others.

Below we specify each of the programs:

- “Escuela del Movimiento” consists of a cycle of leisure activities that takes place during a week during the summer holidays (although it has also been carried out during winter holidays). The selection of the activities to be carried out is made from a participatory diagnosis with the children, as well as consultation with their families. In this diagnosis –in which we use different playful methodologies such as role-playing games, mimics, drawings, photographs, and others- we identify the interest and motivations for participating in leisure, sports and recreation activities. Once the diagnosis has been made, we generate the program of activities to be developed that varies each year and is linked to the aforementioned fundamental axes. In this way, for example, in one of the versions of “Escuela del Movimiento” we developed a surf learning day, accompanied by awareness activities on caring for the sea and its resources. Although the “Escuela del Movimiento” consists of a week of activities, the whole process lasts approximately three (3) months, integrating the steps mentioned.

It’s important to add that in the execution of many of the activities other organizations and individuals who contribute their specific knowledge in some discipline or area collaborate with us, in this way the Red Transformacion Educacional, ONG EVALUTILE, ONG Vive Consciente, Aurora Naturaleza, among others.

- “Club del Movimiento” follows the same principles as “Escuela del Movimiento”, but focuses on a specific activity and with a greater emphasis on the participation of children in the planning process of activities. In this case, we also start with a participatory diagnosis with the children and decide with them an activity to carry out. It’s just one activity and not a cycle of various activities as in the case of “Escuela del Movimiento”, for example, a family outing or visit to a park for the day. The children participate in all the tasks of organizing the activity: defining an objective, planning, preparing a budget and obtaining resources, execution and evaluation. The duration of the process is variable, since it depends on the activity selected to carry out.

## **5. Results - what did you achieve, what did you learn**

During the five years that we have been working, we have carried out six versions of the “Escuela del Movimiento” where an average of twenty (20) children and twenty (20) volunteers have participated each time, considering the permanent team of young volunteers from our NGO. For its part, we have made two versions of the “Club del Movimiento”, where twelve (12) children and eight (8) volunteers have participated on each occasion.

One of our most important results is that we have been able to develop and consolidate a model of voluntary work focused on promoting the right to leisure through the practice of sports, physical activity and recreation, with a participatory approach that allows boys and girls to be part of the process of creating and enjoying recreational activities. This model has been refined with each implementation of “Escuela del Movimiento” and “Club del Movimiento”.

The work experience in these programs has been positively evaluated by the children. During 2017 we conducted interviews with the participating children and we worked them from a thematic content analysis. As a summary, we mention that the participants recognize “Escuela del Movimiento” and “Club del Movimiento” as spaces of enjoyment and encounter with others, recognizing that in the programs they learn, strengthen their social ties and contribute to an improvement in their well-being. These results are consistent with the objective of both programs that we have already mentioned.

Related to this point, another of the results that we can mention is that this year for the first time, two (2) young volunteers participated in “Escuela del Movimiento”, who began their relationship with the NGO participating as beneficiary children of the “Escuela del Movimiento” and “Club del Movimiento”.

Finally, we want to mention as a result, that during 2016, one of the founders of the NGO, Pablo Fuenzalida, was recognized for his work in NGO Moviendo as one of the “20 Young Leaders of the Valparaíso Region” by Piensa Foundation ([www.fundacionpiensa.cl](http://www.fundacionpiensa.cl)) and the newspaper “El Mercurio de Valparaíso”.

## **6. Future step - if there is a continuity of the action**

Undoubtedly, the current pandemic context has brought an important challenge for our organization in relation to the continuity of its actions. In Chile, with the arrival of Covid-19 and confinement, many activities were taken to an online format. However, due to the quarantine and since most of the children in the slum don't have a stable internet connection or don't have a personal connection device, our work with this group was interrupted for several months in 2020. Despite this, with the current sanitary conditions in the country, we have been able to develop a new version of the “Escuela del Movimiento” in January 2021, respecting the sanitary and care protocols imposed by the health authority, which is why we have been able to adapt to this complex context.

The NGO Moviendo is interested in continuing with these two programs in the slum, strengthening the work model and with the expectation of being able to cover a greater number of beneficiary children in the future. On the other hand, as we have mentioned previously, we are starting work with a near beneficiary group: people with intellectual disabilities. During 2020, thanks to the award of a competitive fund, we developed a Leisure and Recreation Workshop for people with intellectual disabilities, online. This workshop allowed us to take the first steps to

adapt our works methodology around this issue, so our planning includes continuing to work with this group.

## **7. References - describe if you used any literature for your action**

The programs and projects carried out by the NGO Moviendo are conceptually based on two main notions:

- Non-Formal Education: the work of the NGO Moviendo is framed within non-formal education proposals, recognizing the value they have for the integral formation of people. In this sense, education is recognized as a sociocultural process that transcends school and in which different actors, formal, informal and non-formal participate. To support this proposal, we have based ourselves mainly on the theoretical perspective of Jaume Sarramona (1992),

- Leisure as a contribution to well-being and as a place from which to transform society: we position ourselves conceptually from the point of view of leisure as “a free, satisfactory human activity, with an end in itself and it is fundamental for our quality of life and happiness”<sup>1</sup> (Lázaro, 2006: 147). Complementing this view, we take the proposal of leisure as a “social practice with a deep relationship with culture and the playful experience carried out in a social time space”<sup>2</sup> (Molina, 2010:42) and what is proposed by Elizalde and Gomes (2010), who conceptualize leisure as a social practice experienced as the enjoyment of culture. Thus, parties, games, artistic expressions, community activities, sports and others can be understood from this perspective.

Regarding the methodologies for working with children and adolescents, we have relied mainly on the UNICEF manuals (2013): “A new look at adolescent participation”, “Adults allied with adolescents”, “Citizenship and Leadership adolescent”, “Overcoming adultcentrism”, “How to develop a campaign in favor of adolescent participation”, “Installing capacities and mechanisms to sustain adolescent participation”. We have also used methodologies for working with children proposed by the ONG “La Otra Educación” (<https://laotraeducacion.cl/>).

## **Bibliographic references for this report**

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<sup>1</sup> The translation was done by us

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