

# FEMALE TRAINERS AND VOLUNTEERS FOR THE SOCIAL MEDIA AND EVENTS TEAMS WANTED!

Are you a sports enthusiast, do you like working with women and girls, with language diversity and people with different sports biographies, needs and motives? Would you like to help shape a sports and education club with your ideas and skills as a trainer or as a volunteer in the social media or events team?

**Then Move and Meet e.V. might be the right place for you!**

## The club is currently looking for:

- **Trainers and instructors** especially in yoga, self-assertion and self-defence, dance fitness, fitness and swimming. Some of our courses are held in schools, other trainings are held weekly. For both, a time commitment of 1 to 1.5 hours/week is to be planned. Sporadic sports workshops on weekends of about 2 hours are also possible.

- As we also offer parallel **childcare** in some of our programmes, we are always looking for women who would like to join our pool of childcarers. Here, the assignments can be coordinated flexibly with the other childcarers, depending on the time available. Please allow 1 to 1.5 hours per appointment.

- **Our volunteers in the communication team**, which accompanies and publishes our activities on social media (Facebook and Instagram), as well as our **events team**, which plans events such as hikes, bike rides, etc., are always looking for enthusiastic women!

In addition, all women and girls who are enthusiastic about sports are welcome to contact us with their ideas and suggestions.

**Who are we?** The sports club Move and Meet e.V., founded in 2021, orients its offers to the needs of women and girls with experience of (forced) migration and people who experience different forms of discrimination.

Half of the women in the team have their own (forced) migration experience. Language diversity in the team is desirable, but not a must. Safe (sports) spaces are a requirement. Self-development and participation of female athletes and volunteers in the association are a focus of the club. We expect our volunteers to have a discrimination-sensitive attitude based on equality and appreciation.

Trainers and child carers receive an expense allowance of currently 12 to 16 Euros/hour. Participation in external education is supported. There are also internal education opportunities and exchange – in the form of training courses, team meetings and regulars' tables, where we learn from and with each other.

**Are you interested or do you have any questions?  
Then we look forward to hearing from you!**



Move and Meet e.V.

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