

hera

SUPERHERA PROGRAM

SUPERHERA

Superhera is designed to empower and facilitate the social integration of migrant and queer youth in Berlin. By collaborating with local schools, youth centers, and welcoming classes, the program fosters a sense of belonging and challenges gender norms.

Target Group

Migrant youth aged 15–19 in Berlin and Brandenburg

Program Details

Location: Berlin & Brandenburg

Duration: March – November 2024

Frequency: Bi-weekly Skate Sessions, 2 Summer Camps,
2 Indoor Flinta Skate Sessions

Link: [Superhera 2024 MEL Report](#)

Previous Funding

Skateistan, Deutsche Postcode Lotterie

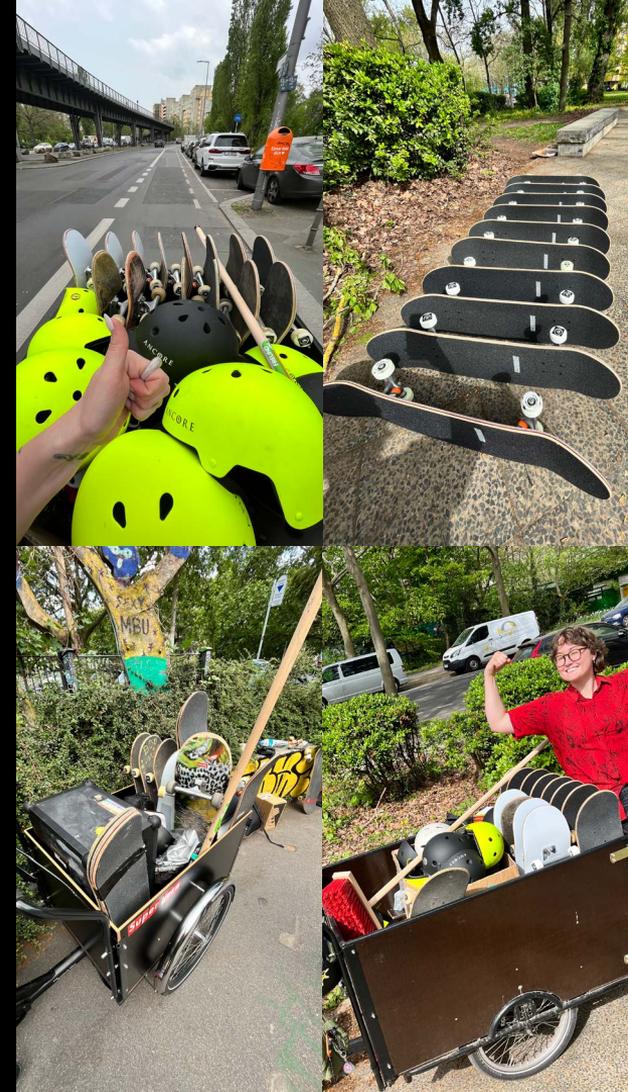


LESSON PLAN OF THE FIRST SESSION

1. PREPARATION BY MENTORS

12:00–13:00

- Mentors collect skateboarding and protective gear from headquarters and transport it to the designated skate park in Berlin via E-Bike.
- Upon arrival, mentors set up the park by sweeping the ground to clear any debris such as small rocks.
- Mentors conduct a brief planning session to review the previous session, allocate roles, and finalize responsibilities for the day.



2. PARTICIPANT ARRIVAL AND REGISTRATION

13:00-13:10

- Welcome participants as they arrive and provide name tags, including pronouns, to foster a welcoming and inclusive environment.



3. INTRODUCTION TO SUPERHERA PROGRAM

13:10–13:30

- Brief introductions: A quick round for participants to share their names and pronouns.
- Overview of the SUPERHERA program: A mentor shares some information about Hera highlighting its mission.
- Outline of today's activities to set expectations and build excitement.



4. WARM-UP AND ICEBREAKER ACTIVITY

13:30–13:45

- Engage participants with an icebreaker game, such as „Ball Fire.“ In this activity, participants throw a ball into the air while calling out a name; the person who catches the ball must then try to tag another participant with it.
- This game encourages interaction, builds camaraderie, and helps participants feel more comfortable in the group.



5. GROUP WARM-UP

13:45-14:00

- Gather participants in a circle for a classic warm-up routine focusing on basic stretches (neck, arms, legs, etc.) to prepare the body for physical activity.



6. INTRODUCTION TO SKATE PARK SAFETY AND ETIQUETTE

14:00–14:15

- Mentors assist participants in putting on protective gear.
- Mentors explain the importance of wearing protective gear and provide hands-on assistance to ensure participants are properly equipped.
- Mentors explain skate park etiquette and safety protocols, such as reading the lines of the skate park and understanding basic right-of-way rules.



7. SKILL DEVELOPMENT AT LEARNING STATIONS

14:15–15:15

- Participants rotate between various stations, each supervised by two mentors.

Activities include:

- **Stance Finding and Pushing**
Learning the basics of balance and movement on a skateboard.
 - **Pancakes and Tic-Tacs**
Introduction to simple maneuvers to build confidence.
 - **Drop-In, Kick Turn, and Rock to Fakie**
Designed for participants with some prior experience.
- This segment is adaptable based on participant skill level. After the first session, we assess progress to tailor future lessons.
 - In the second session, participants receive the [Goodpush Trick Manual](#), which tracks their progress with a star system to motivate and recognize achievements.



8. COOL-DOWN AND REFLECTION

15:15–15:30

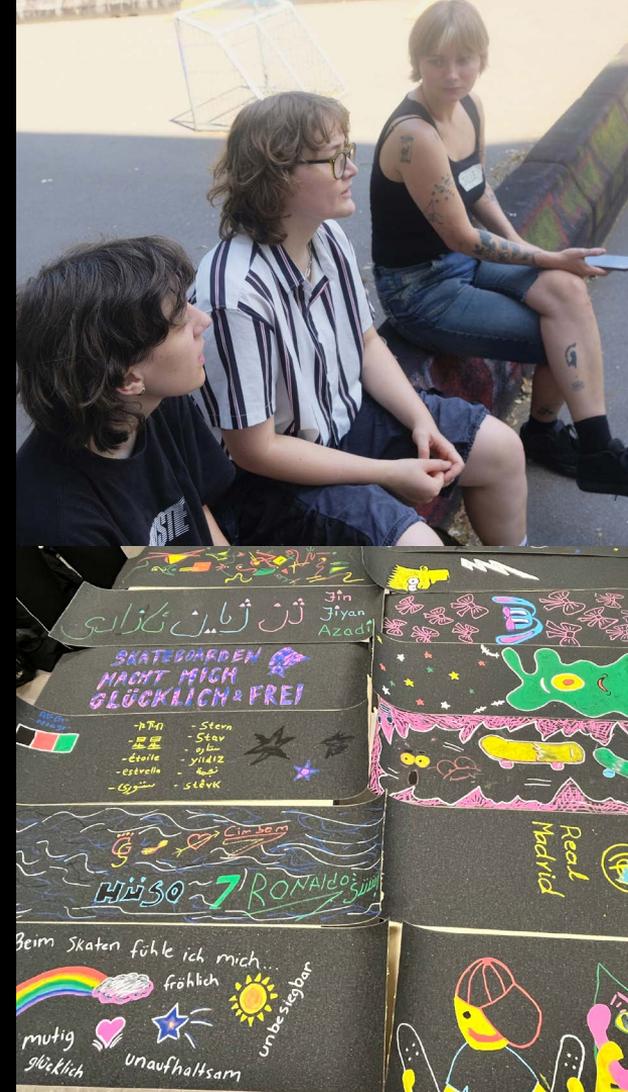
- A structured cool-down session helps participants relax and stretch after the activities.
- Final words are shared and space is given for the participants to give feedback.



9. MENTOR DEBRIEFING SESSION

15:30–16:00

- Mentors engage in a peer debriefing session focused on Monitoring, Evaluation, and Learning (MEL) purposes.
- This session includes sharing general feedback on the session, discussing specific observations about participant engagement, and identifying areas for improvement.
- Feedback is documented to refine future sessions and enhance overall program quality.



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2024