

AFONSO GALÉ MARQUES

SPIN YOUTH
ROLE MODELS
Football Player

YOUNG ROLE MODELS

Afonso is a Portuguese player with 19 years old, representing the club Naval 1893.

He started playing football at the age of 9, on the local club Olhanense, in Algarve, South of Portugal, to chase a promise to honor his great-grandfather.

With 15 years, Afonso moved to Coimbra to continue his studies and represent the local club Académica, when started to show interest in ethics and integrity in sports, believing that even with the uncertainty of the journey as a player, the values as a human being are the key to making the difference.

That's why Afonso is the youngest ambassador for the Portuguese Plan for Ethics in Sports (PNED), supported by the National Institute of Youth and Sports, sharing personal experiences and contributing to promote integrity and respect for human rights in his generation. Football doesn't resume all the dreams he has, but it's a path to achieving them.

One of Afonso's inspirations is the Portuguese legend Eusébio, Ballon D'our winner, for the incredible talent as a player, but also for the respect earned as a fair, talented and respectful opponent.



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FLETCHER SMYTHE LOWE

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Fletcher is a South African player, with 19 years old, who defends the colors of Estoril Praia.

He always played football back home but, in 2020, moved to Lisbon for reasons not related to football. During the first years, faced a lot of difficulties in integration, aggravated by the COVID-19 pandemic and the difficulties finding a club where he could play.

To Fletcher, football was essential to have success in integration. Not only on his team, but also in the Portuguese community. Even though it can seem intimidating at the beginning, he for him to be a part of a team is like having a second family, they have each other's back unconditionally and this creates a positive impact and sense of purpose.



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YOUNG ROLE MODELS

Fabrício is a Cape Verdean player with 24 years old, who represents Alverca.

Due to his hard work in Portuguese football, he achieved the dream of representing his national team, having currently six caps.

Be a foreigner wasn't easy as he remembers with all the bureaucracies related with the residence permit process.

As a player, he can clear see the difference between that good and inclusive teammates can have in a foreigner integration and wouldn't change about his choices.

In Alverca they've made him feel part of the family since day one, an example he wants to follow to help the newcomers.

FABRÍCIO GARCIA

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DIANA MERIVA

SPIN YOUTH
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Diana is a Guiné-Equatorial player, she's 24 years old and plays for the Female Team of Famalicão, in the Portuguese 1st League. She started playing from a young age and now she's leaving the dream of playing professionally and abroad, building an international career.

Chasing the dream was not always easy. When she arrived in Portugal, she struggled with the language barriers and episodes of discrimination. She couldn't communicate and understand properly her teammates, but they were always supportive, finding ways of communicating and including her in all the activities. Despite the universal language of football, she knows that sometimes it's hard to overcome the linguistic barrier and some young players end up quitting. In her words: "The language is a barrier, but sports really help to overcome it,,"



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ARNAS VOITINOVICIUS

SPIN YOUTH
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Arnas is a Lithuanian player, with 19 years old and he plays for SL Benfica.

He always played for FK Riteriai, in Lithuania, and he's first experience abroad, as a minor, was at 16 years old, joining a giant of Portuguese football, SL Benfica.

Arnas had to face the linguistic barrier and all the challenges from a player who studently moved to a football club that, even in the youth level, demands commitment, respect from the club values and hard work from all the players.

Willingness, hard work, courage, humility, passion and love were the values learned from sports that helped him on the pitch and in personal life.

Your way of being will impact who you are as an athlete and for Arnas, to be humble, disciplined and a hard worker it's how you'll earn respect.



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CAROL ALVES

SPIN YOUTH
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Carol is a Portuguese player, with 20 years old, representing the club FC Valadares.

Football has played a huge part on her personal growth and she's passionate about the struggles of female players to achieve equal conditions and improvement of the women's game.

For Carol, a role model should be respectful and able to understand different realities. Empathy is also a fundamental skill to include and support others. The athletes need to understand that they have a voice and the power to influence, so they should use it to create positive impact, promoting equality, unity and team spirit inside and outside the field.

Since a young age, she dealt with some negative comments and attitudes for being a girl playing football, using those situations as a motivation to keep working and show that football is for everyone.

For the young girls out there, Carolina has a message "Don't let anyone define what you can and can't do,.. Fortunately, we have more women involved and each one that enters this world helps opening a way for the future generations.



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LIDIANE ANTUNES

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Lidiane is a Brazilian footballer with 21 years old and plays for the club Damaiense.

She started playing with her brothers, cousins and friends. As she was growing up, joined some local teams close to home, but it was a social project: "Karanba,, that created opportunities and changed her life.

Sports had a key role in Lidiane social inclusion, but she lost count of how many times suffered or saw colleagues from her team being discriminated on the pitch. She feels that some improvements have been made but still happens nowadays. Lidiane believes that if female football had the same respect as the male game, a lot of areas could be improved. Women's football needs structural, cultural and financial changes, to reach full potential, and she will keep advocating strongly for equal opportunities.



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DOLY WABEUA

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Doly is a cameroon football player with 23 years old, representing the club Damaiense.

She grew up in a region with a strong presence of Muslim culture, which made her start in football a bit difficult. At the time, in her region, it was very for a girl to be accepted in a club. She always had to prove more to earn a place, but her passion and determination were stronger than the obstacles.

Being the youngest of five siblings, it was with them that, barefoot on dirt and sand fields, she took her first touches on the ball, learned football skills and developed a more instinctive, creative, and resilient style of playing.

In Portugal she faced some integration problems, in a club's environment that didn't protected her from racism and abusive behaviors. With the support of the players union, she was able to overcome his obstacles and chase the dream of being at the higher level on the club's and national team competitions.

She's the example that a player supported and respected have a better chance of developing and reaching a higher level.



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LOU MARTINET

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Lou is a Venezuelan–French player, with 23 years old, representing the club Damaiense.

She was born in Caracas but it was in Asia where she spent her childhood and started playing football. After that period, moved to France and then to the United States, where she played first division college soccer while finishing her studies. Nowadays lives in Portugal to chase her dream of becoming a professional athlete.

From a young Lou had to deal with the isolation and challenges of moving from one country to another, dealing with different cultures. She identifies adaptability as one of the things that football brought her. Her personal experiences made the adaptation to Damaiense quite smooth, and the team and staff made her feel at home. Resilience is another essential competence, since football has a lot of ups and downs. Being a woman in a still male dominated environment demands concrete measures to give access to women in sports, starting with the need to invest in grassroots programs for young girls, globally. “Visibility and equal investment are key to showing the next generation that there is a place for them at the top,,



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JELANI TREVISAN

SPIN YOUTH
ROLE MODELS
Football Player

YOUNG ROLE MODELS

Jelani is a Belgium player, he's 21 years old and plays for SL Benfica. He started playing football at five years old. He played in Belgium clubs, until move to SL Benfica at 16 years old. Jelani recognizes that he had the fortune to start playing football since he was young but recognizes this is not the case for everyone. Besides the importance of personal development, formal sports create challenges in terms of access conditions. In his perspective, it's necessary to improve free offer at the grassroots level, in schools and clubs, so football can be accessible to the underprivileged communities, no matter the social condition or the gender. Inspired by Cristiano Ronaldo, Jelani wants to reach the top of the professional game, with all the effort and dedication.





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