

Keeping Young People in Sport:  
Lessons from the STAY! Project

Policy Brief | 5-2025

STAY!  
Decreasing teenage  
dropout in sport

The Challenge

Across Europe, too many teenagers—especially girls—are leaving sport. Academic pressure, rigid expectations, and a lack of alternative roles mean that once young people stop competing, they often leave altogether. This dropout not only affects individual well-being—it weakens local sport ecosystems, reduces diversity in leadership, and contributes to long-term physical inactivity.

30–50%

of young people drop out of organised sport during adolescence

Up to 60%

of girls aged 15–18 stop participating in club sport activities

40%

of youth cite academic pressure as a main reason for dropping out

> 70%

of youth who stop competing do not stay involved in sport clubs

> 25%

of European adolescents are physically inactive, risking long-term health issues

The STAY! Solution

STAY! is an Erasmus+ project (2023–2025) that tested new ways to retain young people in sport—especially those who no longer see themselves in high-performance pathways. It focused on volunteering, youth leadership, flexible engagement, and non-competitive roles.

What Worked

- STAY! pilot actions were diverse but shared key enablers:
- Youth-centred roles: Assistant coaching, jury table work, social media management
  - Recreational pathways: For girls stepping back from competition but wanting to stay active
  - Tutoring and school-life balance: Including parent- or peer-led academic support
  - Flexible expectations: Allowing youth to change roles instead of quitting



Key Insights

- Small, low-cost changes (e.g. recognition, flexibility) made a big impact on retention.
- Youth want to contribute—not just train. Responsibility increases engagement.
- Dropout prevention works best when families, schools, and sport staff coordinate.
- Listening and adapting are not optional—they are essential.

Recommendations for Policymakers

1.

Recognise dropout prevention as a strategic priority in national and EU sport policies.
2.

Fund local actions focused on inclusion, volunteering, and recreational engagement—not just competition.
3.

Promote tools like the STAY! e-learning platform for coaches and staff training.
4.

Include youth retention indicators in sport development frameworks.
5.

Celebrate innovation through awards and integration into coach education.

Our Vision

A Europe where every young person has a place in sport—whether as an athlete, a volunteer, a mentor, or a creator. The STAY! approach is scalable, inclusive, and ready to be adopted. What’s needed now is action.





# EURO TEQ GAMES

Promoting healthy lifestyles, physical activity and gender equality in sport through the introduction of a new sport - teqball



## About the project

The EURO TEQ GAMES project introduced Teqball and related TeqSports into multisport clubs as a way to engage young people, promote healthy lifestyles, and foster inclusion. Implemented across six countries by a consortium of leading clubs and organisations — including Feyenoord (Netherlands), Lazio (Italy), Olympiacos (Greece), Levski (Bulgaria), HASK Mladost (Croatia) and Aalborg (Denmark) — the project combined coach education, youth training sessions, open days with nutritional workshops, and two international tournaments. It also created a multilingual digital platform to share rules, best practices, and learning resources, ensuring that the knowledge generated remains accessible and replicable beyond the project's lifetime.

## The specific objectives:

- Youth Engagement – introduce Teqball and related TeqSports to young people through schools, academies, and community clubs, targeting broad participation across six countries.
- Coach Education – certify and train coaches to deliver TeqSports activities, ensuring quality and sustainability within multisport club structures.
- Gender Equality – design and implement strategies to actively involve female athletes and move towards gender-balanced participation.
- Inclusion – create pathways for differently abled athletes to access and enjoy TeqSports in both training and competition formats.
- Knowledge Transfer & Digitalisation – develop a multilingual online platform and resources to share rules, best practices, and educational material across Europe.
- Cross-Border Cooperation – strengthen collaboration among multisport clubs in different countries through tournaments, exchanges, and joint dissemination efforts.
- Healthy Lifestyles Promotion – combine sport with nutritional awareness and educational activities to promote overall wellbeing in young athletes and their families.



## What we are doing

The EURO TEQ GAMES project introduced Teqball and related TeqSports into multisport clubs across six European countries, aiming to engage youth, promote healthy lifestyles, and foster inclusion. With over 1,200 participants, certified coaches, multilingual resources, and a lasting digital learning platform, the project exceeded its original scope and ensured long-term accessibility of knowledge and best practices.

## Why it matters

This matters because it directly supports EU priorities: healthier lifestyles, gender equality, youth engagement, and cross-border cooperation. By achieving full gender parity at the final tournament, piloting inclusion for differently abled athletes, and strengthening cultural exchange, the project created a sustainable ecosystem for grassroots sport that will continue to benefit clubs and communities well beyond the project's lifetime.

## EU TOURNAMENTS

The EURO TEQ GAMES project culminated in two highly successful international tournaments in Piraeus, Greece, and Rome/Ostia, Italy, bringing together youth from six countries, achieving full gender parity in the final edition, and showcasing the competitive, inclusive, and cross-cultural spirit of TeqSports.

## Final message

**The EURO TEQ GAMES project has shown how a new and innovative sport can be a powerful tool to engage youth, promote healthier lifestyles, and strengthen inclusion within multisport clubs across Europe.**



EU Teq Games - EURO TEQ GAMES | 2-2023 – 7-2025 | Ref. N: 101090617 | Contact: [m.looren.de.jong@multisportclubs.eu](mailto:m.looren.de.jong@multisportclubs.eu) / EMCA |  
For access to the materials and more project information | [teqgames.multisportclubs.eu](https://teqgames.multisportclubs.eu) | [studia.multisportclubs.eu/classes/eu-teqgames](https://studia.multisportclubs.eu/classes/eu-teqgames)



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EMCA Connect  
Istanbul  
Sep 2025



# DiaPS - Diabetes Digital Peer S(up)port

Empowering Athletes with Diabetes Through Digital Peer Support | 9-2025



## The Challenge

Many children, young people, and even adults with Type 1 Diabetes drop out of sport—not due to physical limitations, but because of fear, social isolation, and lack of proper support. Coaches, teachers, and even parents often don't feel equipped to help, and people with diabetes are left without a peer network to guide and motivate them.

> **588.7 million**

people (20-79 years of age) live with diabetes globally



This represents

**11.1%**

of the world's population in this age group

## Where the Idea Comes From

The DiaPS concept grew out of the community created during the EU-funded Sports & Diabetes project. Participants shared that what they valued most wasn't just the information—it was the feeling of connection, of being understood by others who live with diabetes and still choose to stay active. This showed us the power of peer support.

## The Solution

DiaPS (Diabetes Peer Support) is a digital app co-created with people living with Type 1 Diabetes. It brings together:

- A vibrant peer-to-peer space where users can share experiences and find answers
- Expert-reviewed content on sport and diabetes management
- Tools and resources tailored for athletes, parents, coaches, and educators

The app aims to empower, inform, and connect—helping people with diabetes stay in sport with confidence, all the while reducing drop-out, and building role models for future generations.



Hi! I am Super D athlete living with diabetes. And, yes I can tackle diabetes with sport!



## Looking Ahead

We are currently in the development and testing phase. Alongside technical work, we are building a sustainability strategy to ensure long-term impact through partnerships, funding, and responsible growth.

Most importantly — the DiaPS app will always be free for users, because no one should have to pay to feel supported and included.



## Final message

**Fear, isolation, and lack of knowledge push athletes living with diabetes out of sport — we're here to change that.**





# Athletes for Change - A4C

Empowering athletes to drive social change through sport and philanthropy



## About the project

Athletes for Change (A4C) is an Erasmus+ project launched on 1 December 2024, running until 30 April 2026, and coordinated by Afrilanthropy, alongside partners including Istituto Internazionale Italiano Studi Sport Societa, Tous Ego Par le Sport, Associazione Sportiva Dilettantistica S.S. Lazio Basket and the European Multisport Club Association

This project mobilises athletes as changemakers by connecting them through a European online platform with social initiatives and trusted NGOs. Its goal is to use sport as a catalyst for social inclusion, civic engagement, and sustainable impact while strengthening the visibility and governance of sports philanthropy.

## The specific objectives

- Create a European platform that connects athletes and sport public figures with philanthropic initiatives and vetted NGOs/social enterprises.
- Support athletes in their dual role as professionals and changemakers by providing them with tailored social impact opportunities.
- Promote youth engagement in sport by involving mainly young athletes with strong social media presence as role models.
- Foster civic participation and active citizenship by encouraging athletes to take leadership in societal change and prosperity.
- Advance social inclusion, equality, and diversity through projects addressing gender, disability, refugees, marginalized groups, and risks of radicalisation.
- Integrate cross-cutting themes of green and digital transformation into philanthropic sports initiatives.
- Improve governance and transparency in sports philanthropy by providing a structured and credible channel for athletes' contributions.
- Strengthen the European dimension in sport by positioning Europe as the hub for sport-driven philanthropy.

## What we are doing

The project aims to create a European multi-sport platform that enables former top athletes to design, co-fund, and implement sport-focused social impact projects. In the pilot phase, at least 20 athletes will develop tailored portfolios of initiatives, reaching an estimated 2,000 indirect beneficiaries, while increasing the visibility of their clubs and promoting philanthropy in sport. By 2028, the platform aims to expand to over 50 active athlete members, establishing a sustainable network of sport-driven social change across Europe.

## Why it matters

Athletes have a unique potential to inspire and drive social change. This project leverages their influence to foster social inclusion, international cooperation, and equal opportunities, while professionalizing philanthropic engagement in sport. By providing structured support and visibility, the platform ensures that athletes' contributions have meaningful, measurable, and sustainable impact.

## INTERESTED?

**We are still looking for athletes to join the project. Clubs that know or have suitable athletes are welcome to refer them directly.**



## Final message

**By connecting athletes with social impact initiatives, this project transforms sporting influence into meaningful, sustainable change—fostering inclusion, civic engagement, and global development through sport**

A4C - Athletes for Change | 12-2024 – 5-2026 | Ref. N: 101185433 | Contact: m.looren.de.jong@multisportclubs.eu / EMCA | For access to the materials and more project information | athletes4change.eu



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# DigiRoot: Making Sport Clubs Future Ready

Digital transformation for sustainable, efficient and connected grassroots sport



## DigiRoot

### Opportunity, Not a Burden

Across Europe, grassroots sport clubs are the heart of local communities — yet many are under pressure. Time, money, and people are often in short supply, while digital tools and technologies evolve rapidly. Many clubs struggle to keep up, often lacking the resources, knowledge, or support to take the first steps toward digital transformation. **DigiRoot is here to change that.**

This EU-funded project is creating a free, accessible platform that will guide sport clubs through digital transformation at their own pace. From small tools to large processes, DigiRoot helps clubs understand where they stand, what they need, and how they can grow digitally — without needing to be tech experts or spend thousands on consultants.

**The ultimate goal: to strengthen grassroots sport by making clubs more resilient, efficient, and connected through smart use of technology.**

### Key Features

The DigiRoot platform brings together everything a sport club needs to begin or continue their digital journey, all in one place:

- **Digital Check:** A simple self-assessment that helps clubs understand their current digital readiness, highlight gaps, and identify realistic next steps. This personalised report offers a starting point tailored to each club's context.
- **Step-by-Step Guides:** Clear, practical instructions on how to introduce digital tools — from communication platforms and scheduling apps to basic CRM systems or video tools for training and promotion.
- **Tools & Resources:** A curated list of user-friendly digital tools, many of them free or low-cost, selected specifically with sport clubs in mind.
- **Educational Modules:** Short, accessible lessons that cover the basics of digitalisation, including change management, digital communication, data handling, and more — all available in multiple languages to ensure access for all.



### Who It Is Designed For?

DigiRoot is tailored for grassroots and multisport clubs who want to improve how they operate, communicate, and grow. Whether you rely on volunteers, juggle multiple roles, or manage a local club with a long tradition, DigiRoot offers real, practical support.

The platform is also valuable for local and regional associations that support clubs in their daily work and long-term development. DigiRoot provides tools and inspiration for helping clubs move forward — together.

### Why It Matters

Grassroots sport clubs often face limited time, resources, and support. Digital tools can ease everyday tasks, improve communication, and help clubs stay organised and connected. DigiRoot makes digitalisation more accessible — not by replacing tradition, but by supporting clubs in their existing work.

### How to Get Involved

- Complete the DigiCheck self-assessment to understand your club's current level of digitalisation
- Subscribe on the website to receive updates, resources, and event announcements
- Share your feedback to help tailor the platform to the real needs of sport clubs

### Final message

**DigiRoot is shaped by the real needs of sport clubs across Europe. Your input helps us build a more sustainable and digitally ready future for grassroots sport.**



DigiRoot - Managing the Digital Transformation in Grassroots Sports | 12-2023 – 5-2026 | Ref. N: 101134528 |  
Contact: Malte.Kalsbach@TSVBayer04.de / TSV Bayer 04 Leverkusen | For the full access: digiroot-project.eu



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# GOLDAGE

## MULTISPORT TRAINING PROGRAMME FOR PHYSICAL ACTIVITY OF ELDER PEOPLE 60+ "GOLDEN AGE"



### About the project

Through the present project „GOLDAGE“, consortium members - Association “LEVSKI-Sport for all”, Fondazione S.S. Lazio 1900, “HAŠK Mladost”, aim to encourage social inclusion and equal opportunities through sport, putting a stress on the importance of health-enhancing physical activity for elderly people (over 60 years old), in line with active ageing guidelines by the European Commission.

The project brings together stakeholders from 3 EU countries Bulgaria, Croatia and Italy with a continued interest in long and quality life of the citizens. The project partners are members of European Multisport Club Association.

4

training events  
for trainers

60+

training  
sessions

90

elderly people  
trained



### What we are doing:

- Developing a Model of physical activity and training programmes for elder people – practical training materials for trainers;
- Improving the knowledge of trainers, managers and volunteers;
- Training programme "GOLDAGE" – minimum 30 elderly trained, minimum 20 training sessions per partner;
- Developing practical online „GOLDAGE multisport training programme for physical activity of elder people“ open for free usage;

### Training programme "GOLDAGE"

1. Health parameters
2. Health factors
3. Degrees of health and physical fitness
4. Sample training sessions
5. Social inclusion



### The specific objectives

- Improving health conditions of elderly in Sofia, Rome and Zagreb relevance with Healthy Lifestyle 4 all without gender, ethnical, physical and age discrimination.
- Creating habits for regular physical activity of elderly citizens.

### Final message

Through joint efforts, we are creating a new sports community of friends who are not limited by gender, age or physical characteristics, with healthy habits and positive thinking,



GOLDAGE - Multisport training programme for physical activity of elder people 60+ “Golden age” | 12-2024 – 5-2026 | Ref. N: 101179966 | Contact: levski@realsport.bg / LEVSKI Sport for All | Facebook.com/GoldAge.EU | levski-sport.bg / hask-mladost.hr / fondazione sslazio.org



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# ReScore: Re-imagining the Score in European grassroots Football

ReScore means Football for Sustainable Goals



## About the project

**ReScore** is an Erasmus+ Sport project running from January 2025 to December 2026, coordinated by the **Municipality of Trani** (Italy) with partners including the **Bulgarian Football Union**, the **Romanian Football Federation**, the **Latvian Football Federation**, **Sporting Clube de Portugal**, **MIB Ecole des Ponts Business School** (France), the **Sport Evolution Alliance** (Portugal), and **Sredna Gora Development** (Bulgaria).

ReScore promotes sustainability in grassroots football through the innovative CircuLite model, educating young athletes, coaches, and managers in Circular Economy practices, inclusion, and community engagement.

## The specific objectives:

- Create a European platform (EU MAP + Virtual Communities of Practice) connecting grassroots clubs, schools, and stakeholders in sustainability and sport.
- Provide digital tools (Sankey, Matrix, Supply Chain Maps) to raise awareness on resource use, resilience, and circular practices in football clubs.
- Develop and deliver the CircuLite model, including an educational program and pilot guide, to build Circular Economy literacy among athletes, coaches, and managers.
- Pilot CircuLite in 30 grassroots football clubs across 5 countries, testing innovative approaches and anticipating future sustainability trends.
- Support dual careers by preparing young athletes and coaches for social sports entrepreneurship linked to circular practices.
- Introduce a new sustainability-based competition model, creating Sustainability Championship networks at local, national, and European levels.
- Promote sport as an educational tool for inclusion, engaging schools, communities, and external clubs through validation activities and campaigns.
- Shape policy and governance with an evidence-based Circular Policy Roadmap, ensuring long-term impact in grassroots football and beyond



## Why it matters:

Grassroots football is more than sport — it is community, education, and culture. Yet, local clubs face growing pressure from climate change, social inequalities, and scarce resources. ReScore responds by equipping young athletes, coaches, and managers with the tools to think and act sustainably. By embedding Circular Economy practices into football, the project turns clubs into agents of positive change: reducing waste, promoting inclusion, strengthening local ties, and inspiring future generations. ReScore shows that football can be both a game and a driver of sustainability in Europe.

## Get in touch

Join the ReScore EU Multi-Actor Platform (EU MAP) — a digital space where clubs, coaches, athletes, schools, and communities across Europe connect to share ideas, tools, and best practices on sustainability in grassroots football.

Scan the QR code to explore the project website and be part of the network driving change.



## Final message

*“Football has the power to inspire, unite and drive sustainable change.”*

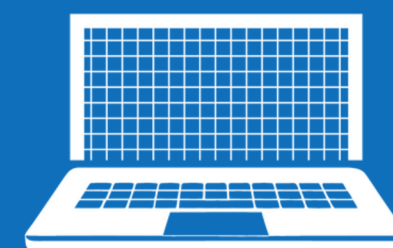
**UEFA Sustainability Strategy 2030**

ReScore: Re-imagining the Score in European grassroots Football | 1-2025 – 12-2026 | Ref. N: 101183965 |  
Contact: [jmsilva@sporting.pt](mailto:jmsilva@sporting.pt) / [Sporting clube de Portugal](https://sportingclubedeportugal.pt) | For more project information | [rescoreproject.org](https://rescoreproject.org)



# EDUcation for Dual Careers of football talents

Empowering talented football players from 16 to 21 years old in Europe by developing their dual careers



EDU DC  
DUAL CAREERS  
IN FOOTBALL

## About the project

Educating Dual Careers (EDU-DC) is an Erasmus+ Key Action 2 project (EUPOM162) launched on 1 November 2024, running until 30 April 2027, and coordinated by the Royal Netherlands Football Association (KNVB), alongside partners including the Danish, Bulgarian, Irish, German federations, and Vrije Universiteit Brussel.

The project aims to support talented male and female football players aged 16–21 in building successful dual career paths—combining high-level sport with quality education and personal development.

## The specific objectives:

- Mapping dual-career environments: Involving 20 European clubs, the project evaluates current support systems through club scans, questionnaires, interviews, and focus groups.
- Monitoring well-being and experiences: Examining the satisfaction, motivation, and experiences of youth players balancing sport and education
- Capacity-building trainings: Designing and piloting innovative educational programs to train Dual-Career Coordinators, coaches, support staff, and career counsellors
- International pilot implementation: Testing these programs in the Netherlands, Denmark, Bulgaria, Ireland, and Germany
- Peer learning and network building: Facilitating intervision between clubs and involving the UEFA Academy to embed dual-career support across European football



## Scope & Impact

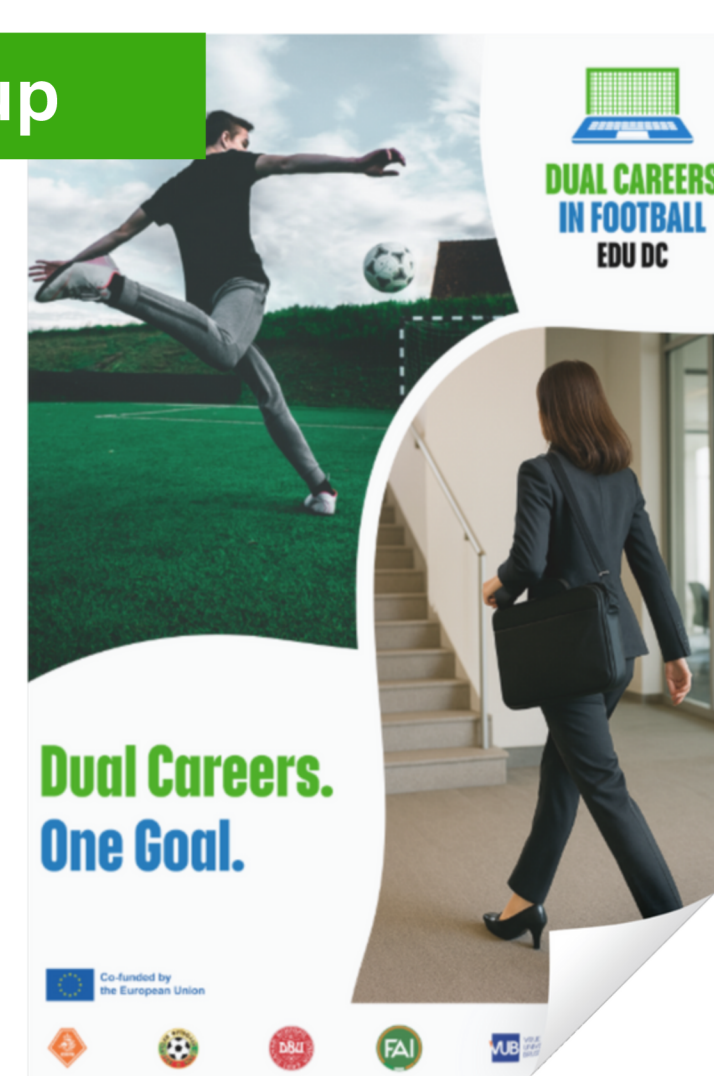
By adopting a holistic approach—addressing sport performance, education, employability, wellbeing, life skills, identity development, and financial literacy—the project empowers athletes to thrive both on and off the pitch. It advances the professionalization of dual-career frameworks at club, federation, and European levels.

## Why it Matters

Young athletes often face a tough choice between pursuing sport or education. EDU-DC fosters environments where they can develop in both arenas simultaneously. The result: better prepared, well-rounded individuals equipped for life beyond football.

## Online focus group

European multisport club association has concluded focus groups with TSV Bayer 04 Leverkusen, Olympiacos, Ferencvárosi and Aalborg, as it was essential for us to involve our members with football sections in the EDU-DC project.



## Final message

EDU-DC empowers young football talents to pursue both sport and education, creating well-rounded individuals and sustainable dual career pathways across Europe.

EDUcation for Dual Careers of football talents (EDU-DC) | 11-2024 – 4-2027 | Ref. N: 101185310 |  
Contact: [m.looren.de.jong@multisportclubs.eu](mailto:m.looren.de.jong@multisportclubs.eu) / EMCA | [www.multisportclubs.eu](http://www.multisportclubs.eu)



# SPEED

Sport and Prevention of Emerging Eating Disorders



## THE CHALLENGE

Eating Disorders are increasingly common among the European population, particularly among athletes.

Athletes are more likely to develop an Eating Disorder than non-athletes. SPEED's goal is to create a sports environment that acts as a protective factor rather than a risk factor for the development of Eating Disorders by disseminating best practices for coaches and providing informational materials for athletes and parents.

### Some data

20 million people suffer from Eating Disorders in Europe. In Italy Eating Disorders are the second cause of death in the age group between 15 and 25.

Among high school students, rates of Eating Disorders among athletes is higher than among non-athletes, with 7.3% of athletes affected and 2.3% of non-athletes impacted the percentage of athletes at risk of developing anorexia is 35% for females and 10% for males. The risk of bulimia is much higher for both, with 58% of females and 38% of males at risk

**20 milion people**

suffer from eating disorders in Europe

**35%**

female athletes risking anorexia

## SPECIFIC OBJECTIVES

- Create a training program for coaches on the topics of weight, nutrition, and body shape, starting with a preliminary analysis of their knowledge and training needs;
- Create a sports environment that fosters acceptance and inclusion;
- Create and disseminate informational materials to help athletes and parents develop a healthy relationship with nutrition, weight, and body shape;
- Address these topics at school with a package of lessons for teachers, accompanied by activities with trained coaches.

## WHAT WE ARE DOING

We conducted an initial research phase with coaches through focus groups to establish a baseline regarding their knowledge and experiences with eating disorders and to explore their beliefs and practices regarding weight and nutrition.

We conducted a research phase with athletes and parents through questionnaires to understand their beliefs regarding nutrition, body shape, and weight, including their relationship to athletic performance.

We are preparing training and informational materials for coaches, parents, and athletes.

## WHY IT MATTERS

Sport is an important environment for development and education. Its preventive action against the development of mental health problems is crucial; for this reason, we believe that training on a sensitive topic like weight helps raise healthy and self-satisfied athletes.

## Final message

**SPEED is designed to respond to a widespread need across Europe: creating healthy and inclusive environments where young people can grow supported in building good self-esteem and personal satisfaction, which are the foundation of psychological well-being.**



SPEED | 12-2024 – 5-2027 | Ref. N: 101183790 | Contact: [giulia.guardavilla@pontevecchiobologna.it](mailto:giulia.guardavilla@pontevecchiobologna.it)  
For access to the full report, tools, and e-learning platform | <https://www.project-speed.eu>



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# Quality Inclusiveness in Sport – All In

## Opening the doors of sport for everyone



### The challenges

Sport is meant to be for all. Yet in many sports facilities across Europe, people still face barriers that limit or even prevent their participation. It is not only athletes with disabilities who are excluded: spectators on the stands, coaches in their locker rooms, parents in waiting areas, or staff working in offices can all encounter obstacles that make sports spaces less welcoming. QIS – All In was created to change this reality.

### Why change is needed

Too often, accessibility is treated as an afterthought. Stairs without alternatives, narrow corridors, poorly marked exits, or facilities designed only for athletes, not for the community around them, all reduce opportunities for inclusion. These barriers affect dignity, independence, and safety. Without harmonised standards or widely shared solutions, each facility struggles on its own — and people continue to be left out.

1 in 3

Europeans live with some form of disability

Around 135 million people

in the have a some form of disability  
(in WHO Europe Region)

**Accessibility is not only about ramps. In Europe, millions live with mobility, sensory, cognitive or mental health disabilities — and sports facilities must be designed for all of them.**

TALK



SEE



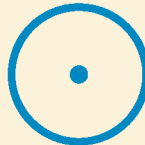
HEAR



THINK



WALK



### The vision of QIS – All In

The project envisions sports facilities where every space is accessible: from the arena to the changing rooms, from the stands to the offices. Accessibility becomes a shared value and a measurable standard, guiding managers, designers, and communities to build environments that welcome everyone.

### How it works

QIS – All In combines research, innovation, and collaboration. A European Handbook of Best Practices will highlight inspiring examples and provide clear guidance. A certification system with Bronze, Silver, and Gold levels will allow facilities to evaluate themselves and set a path for progress. An online platform will bring these tools together, offering a self-assessment module, training programmes, and resources for managers, coaches, and staff. A Network of Champions will share stories of success and promote a culture of inclusion across Europe.

### The impact we seek

The goal goes far beyond eliminating physical barriers. It is about creating places where everyone feels welcome and able to participate — whether as an athlete, a fan, a coach, or a staff member. By embedding universal design into sports infrastructure, QIS – All In seeks to transform facilities into spaces of dignity, safety, and joy, where communities can come together through sport.

### Final message

**Accessibility is not a privilege — it is a right. QIS – All In is here to make sport open to everyone, everywhere.**

**Join us on the journey towards fully inclusive sports facilities across Europe.**

**Follow our updates, explore our tools, and become part of the change.**

QIS - All in - Quality Inclusiveness in Sport – innovative standards to systematically evaluate sports facilities and improve accessibility and mobility to persons with disabilities | 1-2025 – 6-2027 | Ref. N: 101184437 | Contact: Project co-ordinator - ines.viegas@paralimpicos.pt



# ReSea Sports

Sustainable management of sports practice towards the socio-ecological regeneration of maritime and coastal areas



## The Challenge: Coastal Ecosystems Under Pressure

Across Europe, our coasts are under pressure—not only from climate change and pollution, but also from increasing human activity, including sports and recreation. While outdoor sport has undeniable benefits for health, inclusion, and community building, it often lacks alignment with environmental sustainability.

## The Vision: Sports That Give Back to Nature

Across Europe, our coasts are under pressure—not only from climate change and pollution, but also from increasing human activity, including sports and recreation. While outdoor sport has undeniable benefits for health, inclusion, and community building, it often lacks alignment with environmental sustainability.

***What if sport by the sea could give back to the sea?***



## The Goal: A Regenerative Model for Coastal Sports

ReSea Sports sets out to create and test a model of sustainable, inclusive, and community-driven sports practices in coastal and maritime areas. Our aim is not just to reduce the environmental footprint of water-based and coastal sports, but to regenerate the very ecosystems that make them possible.

## The Method: Co-Creation With Local Communities

We do this by working with sports organisations, coastal clubs, local authorities, and environmental experts to co-design practices that are healthy for people and nature alike. From local pilot actions to educational tools and long-term policy recommendations, every activity in ReSea Sports is grounded in collaboration and place-based learning.

## The Focus: Awareness, Tools, and Inclusion

The project focuses especially on:

- Strengthening awareness around the ecological impact of sports
- Creating practical tools and guidelines for sports providers
- Involving local communities in regenerative initiatives
- Promoting access to nature for all, in a respectful and inclusive way

## The Legacy: A Model That Lives Beyond the Project

By the end of the project, a fully tested model of regenerative sports management will be available for use across Europe. Alongside it, a toolkit of resources, training content, and stakeholder recommendations will ensure the project's legacy lives well beyond its formal end.

## The Message: Sport as a Force for Good

**ReSea Sports is more than just an environmental project—it's a vision for how sport can become a force for ecological healing and social inclusion, right at the shoreline where humans and nature meet.**



ReSea Sports - Sustainable management of sports practice towards the socio-ecological regeneration of maritime and coastal areas | 12-2024 – 11-2027 | Ref. N: 101184396 | Contact: bojan@hask-mladost.hr / HAŠK Mladost | More info: [partner.daneurope.org/en/resea-sports](https://partner.daneurope.org/en/resea-sports)



# FONTES - FOstering New TEchniques for Social integration through Sport

## What Is It About

The FONTES project leverages sport as a tool for social integration, particularly among recent immigrant communities and those at risk of social exclusion.

To achieve this objective, it involves grassroots sports organisations and religious organisations of different faiths as active partners, using their privileged access to young people and trusted community networks to attract and retain girls and boys at risk of social exclusion. Building upon existing "Sport for Development and Peace" (SDP) initiatives, it focuses on marginalized youth and Muslim communities, a significant portion of recent EU immigrants.

## What the Project Delivers

- **Accessible resources:** a digital hub of best practices and research, a methodology empowering coaches and volunteers facing specific integration challenges in sports practice, and a specific training programme tailored to diverse needs. Artificial Intelligence (AI) tools are used to support the research aspects and the adaptation of the training programme to diverse contexts.
- **Empowered coaches:** volunteers, coaches and organisations get the tools, knowledge and training necessary to effectively use sport as a social integration tool. FONTES drives digital transformation in the SDP sector by utilising AI and online platforms to enhance the effectiveness of integration efforts.
- **Dialogue and trust:** safe spaces for intercultural and interfaith exchange through sport, promoting dialogue and understanding between diverse groups. Public events and tournaments make project objectives and results highly visible.

## Final message

**FONTES embodies EU values: inclusion, non-discrimination, gender equality and active citizenship through sport, contributing to social cohesion and a stronger European identity.**

**Drawing on their established activities, a robust consortium from six EU countries implements the project ensuring a practical approach, a solid implementation and long-term sustainability.**

**All the project paths will cross and end in 2 multisport events organised at the final part of the project cycle.**



## PROJECT ANNOUNCEMENT

# YOULEAD

## Leading the Game: Developing Pathway for Gender Balanced Youth Leaders in Sports Governance

### About It

The YOULEAD project, Leading the Game: Developing Pathways for Gender-Balanced Youth Leaders in Sports Governance, is an Erasmus+ initiative aimed at addressing the underrepresentation of youth in sports governance. The project aligns with Erasmus+ Key Action 2 priorities by fostering cooperation among sports organizations, educational institutions, and youth groups to create inclusive governance structures, addressing local, regional and national challenges and promoting social inclusion, diversity, and active participation in sports governance.

### Aims of the Project

The project aims to tackle systemic barriers through research, training and mentorship. It will develop an Inclusive Governance Certification Process and an online self-evaluation tool to help sports organisations assess and improve their governance frameworks. Key activities include a dual-purpose training program, equipping both youth and board members with leadership and governance skills, and a Leaders Circle to pair young leaders with experienced board members.

### In Short

YOULEAD contributes to EU policies and SDGs, emphasizing gender equality, education, and inclusive decision-making. Its outcomes will be scalable and transferable across Europe, promoting lifelong learning and democratic engagement in sports. The project will run over 30 months, implementing research, pilot experiences, and awareness campaigns to drive sustainable change in sports governance.

Based on the literature review and previous research projects the following dimensions emerged:

- **Transparency** – indicates the level of openness of the work and functioning of the selected federations.
- **Democracy** – indicates the level of involvement of youth in governing bodies and the decision making process.
- **Balance in governance (accountability)** – indicates level of mutual control within an organisation.
- **Social sustainability** – indicates a level of accountability to the broader population and society at large.

### Key Elements

- Engaging youth in sports governance
- Addressing Underrepresentation
- Empowerment and Skill Development
- Mentorship and Support

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