

SPIN Youth

EMPOWER DIVERSE YOUTH



GUIDELINES FOR ESTABLISHING YOUTH ACTION PLANS FOR SPORT



Publisher
Football Association of Ireland
Football Association of Ireland Head Office, National Sports Campus
Republic of Ireland
Abbottstown Dublin 15

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Dublin, 2026

Photos: SJPF, Antonio Marcello, fairplay Initiative, Huis voor Beweging, SPIN Youth



Co-funded by
the European Union

The Erasmus+ sport project “Empower Diverse Youth – Build-up Youth Participation and Inclusion in Sport Organizations” (SPIN Youth) aims to increase the sport participation of young people from diverse backgrounds – in particular, young refugees and migrants – and to create inclusive, non-discriminatory sport environments that actively promote diversity and equality.

Project duration: January 2024 – June 2026



For detailed information on the project and the SPIN network, visit www.sportinclusion.net

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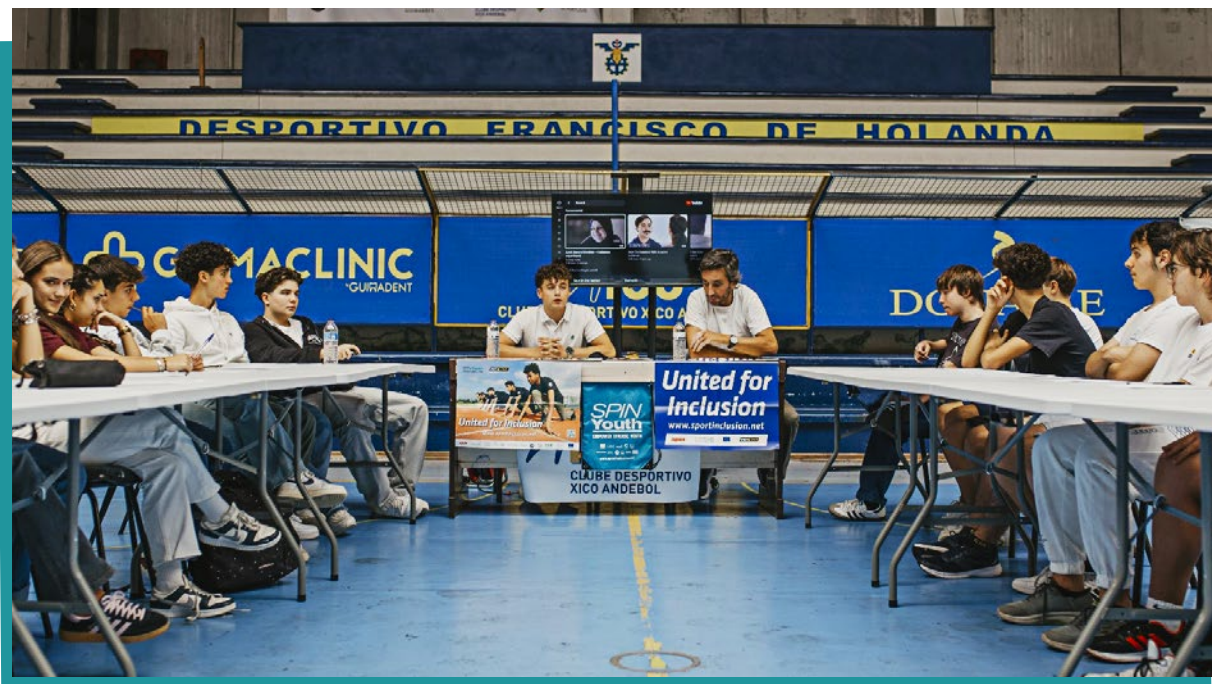
SPIN Youth Project Partners:





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Introduction

These guidelines seek to provide insights and tips for clubs, sports organisations, community stakeholders, and young people embarking on a collaborative journey to establish and implement effective co-created action plans. The guidelines are drawn from practical learnings across the 3-year SPIN Youth project with a view to these being both applicable and replicable across the sports ecosystem at national and international levels within various sporting and social realities or context in Europe. These guidelines serve as a practical guide for stakeholders involved in the SPIN Youth project, providing a clear framework for engaging youth, conducting research, and implementing inclusive sport activities.

SPIN Youth project

The SPIN Youth project is designed to actively engage young people from diverse backgrounds in and through sport, both in active participation and in non-playing roles. By promoting and empowering young leaders the SPIN Youth project contributes to the development of inclusive, discrimination-free sport environments that proactively embrace diversity and promote equality.

Youth panels were set up and Youth Coordinators recruited across all 8 countries in the project.

A key goal of the project is to build the capacity of young leaders to identify and implement effective methods to increase sport participation among diverse youth populations, with a particular focus on young refugees and migrants.

SPIN Youth Project Partners

[Vienna Institute for International Dialogue and Cooperation \(VIDC\) / fairplay Initiative](#) (Austria)

[Unione Italiana Sport Per tutti - UISP](#) (Italy)

[Liikkukaa – Sport for All](#) (Finland)

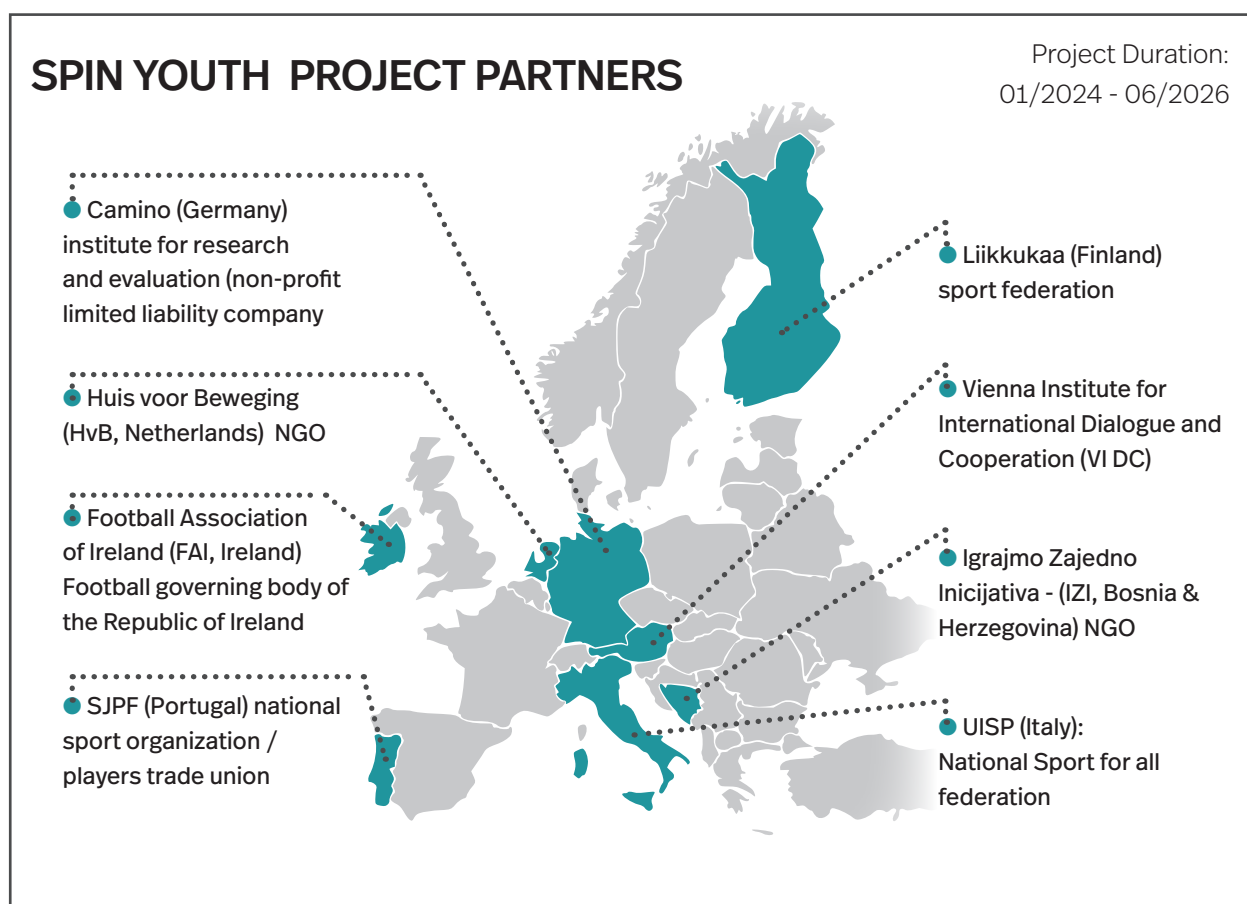
[Football Association of Ireland - FAI](#) (Ireland)

[Camino](#) (Germany)

[Igrajmo Zajedno Inicijativa](#) (Bosnia and Herzegovina)

[Huis voor Beweging](#) (The Netherlands)

[Sindicato dos Jogadores Profissionais de Futebol - SJPF](#) (Portugal)



Youth-led Action Research

SPIN Youth as a project focuses on co-creation across all aspects of the project including for research. As part of a process of stakeholder engagement and the understanding of key information such as needs, challenges and enablers Youth led research not only underpins the youth led approach it can provide for the rich perspectives needed for effective co design and co creation.

In summary Youth participants conduct research to identify barriers to sport participation and explore potential solutions. Empowering diverse youth through structured engagement and research activities was a crucial focus.

For the SPIN Youth project each Youth Led Action Research was compiled into a comprehensive report that analyses the results of the action research **[View here](#)**

Action Plans support the Co-creation of Sport Inclusion Activities

It is crucial to emphasise collaborative approaches to the design and implementation of inclusive sport initiatives. In the context of youth, this requires co-creation at the planning stage between youth and other stakeholders (sports clubs, sports organisations, community groups, local authorities etc).

Insights from the SPIN Youth action research aided youth panels to develop SMART-based action plans (Specific, Measurable, Agreed/Achievable, Relevant, Time-bound) to address identified needs.

Once co created SMART Action plans are in place, the next step is to implement these jointly.

For the SPIN Youth project, the SMART Action plans developed in each country were implemented during the European Week of Sport and or in the frame of the week.

The effective execution of activities and events that promote participation, inclusion and diversity in sport is underpinned by well-developed SMART Action plans.



SMART Framework

Action plans in general and as seen by the Action Plans developed by youth panels in the SPIN Youth project should be documented in a structured format, thinking broadly about:

- Objectives and goals
- Target groups
- Planned activities and timelines
- Expected outcomes
- Evaluation methods

The SMART framework is a strategic tool used in the SPIN Youth project to guide the development of effective action plans:

SMART Goals Table

SMART	THINK 🤔	EXAMPLE
Specific	Do we have clearly defined objectives 🤔 Yes/No	Support more young adults to be leaders in sports. Work collaboratively with club stakeholders to make sure that young leaders' participation is meaningful, not one off, but sustainable.
Measurable	Are there quantifiable outcomes (numbers & percentages) 🤔. Yes/No Also capture qualitative info like confidence levels	40 young people aged 21–25 take part in 2 programmes or initiatives.
Agreed/Achievable	Who needs to agree? Who are the key and other stakeholders involved 🤔 Yes, I know the key stakeholders/No, not yet. Agreed available resources human and financial	Draw up a stakeholder list. Draw up a simple stakeholder engagement plan (calls, meetings).
Realistic/Relevant	Have we ensured that goals fit resources & context 🤔 Yes/No	Align with local/regional realities and available resources human and financial
Time Bound	What is the set timeframe 🤔 Yes, we have a timeframe/ No not yet	Precise dates and times for programmes and stakeholder engagement.

Youth-Led Action Plans – Summary

COUNTRY	TARGET GROUP	PLANNED ACTIVITIES	EXPECTED PARTICIPATION	KEY NOTES
Netherlands – Drenthe	Newcomers aged 14–18	Buddy system, school recruitment, clothing support, female-only options	~26 (initial), ~50 during EWOS	Partnerships with schools; timeline set at June meeting
Finland – Helsinki	Youth & adults of migrant backgrounds	Discussion event + cricket/basketball introduction	18 participants across 5 clubs	Clear roles assigned; event held 26 Sept
Germany – Berlin	Boys & young men with migration background	Holiday football camp + buddy system + tournaments	30 male participants expected	Facilities, coaching, and youth panel roles confirmed
Ireland – Bray	People with additional needs; mixed community	Accessibility audit, JAM training, inclusion event	30+ event participants	Partnership with FAI, Irish Rail, JAM organisation
Austria – Vienna	Youth with migrant/minority backgrounds	Membership sponsorship initiative	Up to 10 applications expected	Launched at National Day of Sports; outreach via EWOS
Bosnia & Herzegovina – Gradiška	Children, youth, parents; mixed ethnic & rural	City-wide multi-station sports event	60+ participants expected	Key community partner agreements
Portugal – Porto	Youth; women incl. refugees	Youth Conversation Circle + Paula Ferrão women's tournament	22 (circle); 80 (tournament); ~5% refugee participants	Backed by municipal/social services; ethics & inclusion dept. established
Portugal – Lisbon	Women incl. Roma community; mixed teams	Intercultural Street Football Tournament (mixed-gender teams)		Focus on gender equality, inclusion, intercultural dialogue
Italy – Rome	Youth with migrant backgrounds	Roundtable on leadership pathways and barriers	15 participants	UISP managers & mediators; recommendations for training & access

Compilation of Action Plans

The following is a compilation of SMART Action plans from Countries in the SPIN Youth project. Given the country contexts the focus of these plans ranged from inclusion in sport broadly, inclusion of people from diverse backgrounds, providing opportunities in clubs and or in the community, participation of young adults, reducing financial barriers, and the participation of children.

These plans serve as a blueprint for implementing inclusive sport initiatives and should be reviewed regularly to ensure alignment with project goals and community needs.



SMART Action Plans

S – Specific (Specifically, what have you planned?)

M – Measurable (How will you measure the success of your plan?)

A – Achievable (What agreements have been reached with each partner regarding roles/tasks?)

R – Realistic (Are your plans realistic for your local catchment area/communities/realities? How?)

T – Time-bound

NETHERLANDS

SMART Plan - Pre-Action

S – Specific

Improve the project WereldMeiden/WereldGozers using a buddy system (pairing Dutch locals with newcomers). Activities include:

- Recruiting via international schools.
- Providing clear meeting points.
- Arranging clothing/shoes for those in need.
- Ensuring women can join female-only groups.

M – Measurable

Success measured by:

- Increased newcomer participation.
- Estimated growth beyond current numbers.
- Exact figures confirmed after the June meeting.

A – Achievable

Partner agreements to be finalized at the June meeting.

R – Realistic

Similar events have succeeded locally with larger participation.

T – Time-bound

Timelines to be agreed during the meeting in June 2025. What timelines have been agreed to achieve your plans?

Summary Report - Post-Action

S – Specific

Recruitment during European Week of Sport at an international school. Invited students to attend PE lessons at a Dutch school the following week.

M – Measurable

Approx. 50 students participated.

A – Achievable

Agreements reached:

- Use of school facilities.
- Preparation of goody bags.
- Partnership was strong and welcoming.

R – Realistic

The event successfully connected newcomers with Dutch students through sports.

T – Time-bound

Recruitment during sports week; event held the following week. Future goal: expand to larger, more diverse groups.

FINLAND

SMART Plan – Pre-Action

S – Specific

Should be based & informed by your action research

We have planned to host an event focused around a discussion, where we discuss about youth of migrant background, and their opportunities in Finland. We also have an activity, where we will introduce cricket, which isn't too common in Finland.

M – Measurable

For our plan to be successful, there will need to be at least 15 participants spanning across at least two sports teams in addition to the youth panel. There will also need to be at least 5 adults, who are part of sports organizations, and 5 youth who have participated in team sports.

We aim to have discussions where everyone is heard, understood, and taken into consideration. We also aim to have a cricket and basketball activity where everybody has an opportunity to acquaint themselves with the sport.

A – Achievable

Say who your partners are, club & community.

Isaiya and Denzel from the youth panel, along with Jean-Marc, are responsible for how the activity goes, including the timing, location, presentation and contacting the teams.

We have partnered with ICF-Hämeenlinna, FC-POHU, SKK, Helsinki NMKY and Tervakosken Pato

R – Realistic

Our plans are realistic, as the event will take place in the capital city. The teams we chose were predominantly from the capital city area, with one team being 1 hour away. Teams in Finland have plenty of staff, some of which are responsible for participating in events such as this. The event is accessible for everybody, and every team is expected to have staff free to join us, making it realistic.

T – Time-bound

We have agreed to do the event on the 26 September, and to send invitations two weeks before.

Summary Report – Post-Action

We have planned to host an event focused around a discussion, where we discuss youth of migrant background, and their opportunities in Finland. We also have an activity, where we will introduce cricket, which isn't too common in Finland. We also want to introduce basketball

We held the event at Hotel Arthur, where there was a presentation, and discussion where we discussed the difficulties of being a youth athlete with migrant backgrounds. Afterwards, we went outside to play some cricket, made some interviews and socialized.

M - Measureable

For our plan to be successful, there will need to be at least 15 participants spanning across at least two sports teams in addition to the youth panel. There will also need to be at least 5 adults, who are part of sports organizations, and 5 youth who have participated in team sports.

We aim to have discussions where everyone is heard, understood and taken into consideration. We also aim to have a cricket and basketball activity where everybody has an opportunity to acquaint themselves with the sport.

We had 18 participants at our event, spanning across 5 teams: ICF-Hämeenlinna, FC-POHU, SKK, Helsinki NMKY and Tervakosken Pato. We ended up having 5 adults from sports organizations part of the event, as well as 5 youth participants who had participated in club sports. We also had three participants, who were adults playing in a club. Everybody spoke and was heard; we wrote every thought down and discussed about problem, and solutions. A lot of our participants had faced difficulties in sports clubs, due to being of a different ethnic background as their Finnish mates in the same club. Overall, it was a very warming experience, getting to know new people, where they're from, their background, their sport, and their experiences.

A - Achievable

Isaiya and Denzel from the youth panel, along with Jean-Marc, are responsible for how the activity goes, including the timing, location, presentation and contacting the teams.

We have partnered with ICF-Hämeenlinna, FC-POHU, SKK, Helsinki NMKY and Tervakosken Pato

Helsinki NMKY provided us with a meeting room at Hotel Arthur, where the event was held. It was held at the correct time with everyone present during the presentation.

R - Realistic

Our plans are realistic, as the event will take place in the capital city. The teams we chose, predominantly from the capital city area, with one team being 1 hour away. Teams in Finland have plenty of staff, some of which are responsible for participating in events such as this. The event is accessible for everybody, and every team is expected to have staff free to join us, making it realistic.

Everybody made the event, since it was near the centre of Helsinki. No one had problems, and everyone was there on time

T - Time-bound

We have agreed to do the event on the 26th of September, and to send invitations two weeks before the event was held on this day.

GERMANY

SMART Plan - Pre-Action

S – Specific

Action Plan – Eintracht Südring

Topic: Integration of young people with a migration background in the sports club

Authors: Kadir Alik & Justin Fell

Period: Summer–Autumn 2025

We are organizing a U12 (2014 age group) football tournament on Saturday, 25 October 2025, from 10:00 to 15:00 at the Eintracht Südring football pitch.

The event aims to bring together young players with and without a migration background for a friendly day of football and community.

In addition to the tournament matches, there will be short breaks with team activities and opportunities for parents and families to connect on the sidelines.

We expect around 100–200 children to participate, plus accompanying family members and supporters, approximately 150–400 people in total.

To complement the event, we are launching a Buddy Programme that supports new members when joining the club.

Each new player will be paired with an experienced teammate (“Buddy”) who helps them integrate and understand basic routines such as:

- when to arrive for training
- what equipment to bring
- where to find the changing rooms and pitches
- how match days’ work
- To make the system easy to maintain, we will create a short Buddy Guide (“Buddy Card”) that lists the key things to explain so that the programme runs smoothly.

M – Measurable

- The U12 tournament successfully takes place on 25 October 2025.
- Participation of around 100–200 children, plus families.
- 5 active Buddy pairs established and supported.
- All new players receive the Buddy Guide.
- Positive feedback from coaches, parents, and players in a short post-event survey.

A – Achievable

- Coordinated with the U12 coaching team and the football department of Eintracht Südring.
- Supported by the Youth Panel from our Action Research project.
- Collaboration with Camino and the SPIN Youth project team.
- Backing from the club board of Eintracht Südring.

R – Realistic

- The event will take place on the club's own football pitch, which avoids extra rental costs.
- The club already organizes youth tournaments and has the necessary experience and infrastructure.
- The Buddy Programme requires minimal coordination and builds on existing team structures.
- Support from the Youth Panel and volunteers ensures the workload remains manageable.

T – Time-bound

- May–July 2025: Planning phase (budget, logistics, recruitment of Buddies and volunteers)
- August–October 2025: Preparation (promotion, creation of Buddy materials, coordination with coaches)
- 25 October 2025: U12 Football Tournament (main event)
- End of October 2025: Evaluation and feedback collection
- Autumn 2025: Presentation of results and discussion of next steps



REPUBLIC OF IRELAND

SMART Plan - Pre-Action

S – Specific

An audit of accessibility in the club, inviting people who represent the broad group of those with ‘additional needs’ to link with us and carry out this audit. This would include a diverse group of people with a variety of needs, including mobility, sensory, sight, minority ethnic backgrounds, etc.

Organise training for staff and volunteers to ensure that they can play their role in creating an inclusive environment.

Host an inclusion event during European Week of Sport which will invite people to come along to our stadium and hear about our work to make the club more inclusive and accessible. The event will be a networking occasion for organisations and stakeholders while also offering people the chance to get involved in some activities on the day which celebrate sport as a means of engaging with community and building solidarity.

Our event was a success. We had a good turnout of people in the Bray community, FAI, Bray Wanderers and also Irish Rail that were happy to support the JAM Card launch. Our relationships with the partners grew and we were able to make new ones with the people that came to the event. We had over 30 people at the event and were able to hold a reception after for the kids to play. This also allowed us to have a chance to meet the Creator of the JAM card, and she was delighted with the work we did. Irish Rail and our partners in the FAI were also delighted to see our contribution to the event. Our Match night event was a bit smaller, where we were able to give out flyers and answer questions about the JAM card.

M – Measurable

We kept count of how many people showed up to the launch day. We have also created a JAM slide deck that we will use to hold training sessions for security, volunteers, or anyone that is interested in getting to know more about the JAM initiative. We expect to have small group trainings of 5-8 people, so we can go over the material and also practice with each person on what to do when they see a JAM card on someone.

A – Achievable

We have set up agreements with JAM officials to come up with training for staff and other individuals that would be interested about the program. We have also partnered with the Disability Officer that will help coordinate our event during the week of sports.

R – Realistic

They are realistic because we have heard back from the community saying there is a need for better facilities for people with special needs at the stadium. Interest for the JAM training for staff that work at the stadium to support members of the community has been high.

T – Time-bound

We plan on having the JAM training presentation this month and then begin to plan for our events next year after that.

AUSTRIA

SMART Plan - Pre-Action

S – Specific

We will advertise on the Austrian “Day of Sports” (20.09.2025) with a sports organisation Aufschlag (a smaller grassroots organisation based in Vienna, with a focus on LGBTQ+ athletes), and Sport Union (a large and well established sports organisation that is nationally active across sports and age-groups) that we will “sponsor” 1-4 membership fees for athletes aged 15-27 with migrant backgrounds.

M – Measureable

We are asking involved sports organisations to propose members should they know interested athletes.

We will ask athletes to apply via an online form; this will enable us to regulate the output in order to maintain a gender balance. We are expecting no more than 10 applications in the first round, we would hope to open it up to a much wider crowd in the future.

50% female participants

50% male participants

100% migrant/minority ethnic background

A – Achievable

The YCs are working with the sport organisations to prepare the materials and finer details of athlete, club, and sport selection. The sport organisations will present the initiative with YCs and YMs on the day of the 20th in Vienna, Austria. YCs with the sport organisations will select the sponsored athletes.

R – Realistic

We will advertise at a well-known Viennese sports event (National Day of Sports). We will also reach out to athletes directly if they know friends or family that might benefit from the initiative. Finally, we will advertise (posters with QR codes) at the event and on social media during the European Week of Sports (22–27 of September).

T – Time-bound

We will be launching the initiative on the 20th of September. We will then allow two weeks for applications, and one week for processing. After announcement/contacting of the selected athletes, we will give them one week to accept and begin processing the transfer for membership costs.

An agreement must be signed by the athlete, SPIN Youth, and the sports club or organisation. The responsibility for signing the athlete up lies with the athlete and their chosen sport organisation.

Testimonial videos from the athletes will be required in Feb/March 2026, which will be shared for promotional purposes. Should the athlete in question be a minor, their parents will need to agree in written form (signature) to their participation and image sharing.

BOSNIA AND HERZEGOVINA

SMART Plan - Pre-Action

S – Specific

To create an event with different stations, on different locations in the city (if possible), with workshops and playgrounds. To involve a various number of local clubs and different sports.

Youth and parents' engagement recruitment of local volunteers' local coaches also

we would love to include children with disabilities too engagement of participants from smaller and rural areas, as well as from different religions and with different ethnic backgrounds

M – Measureable

This will be measured through a combination of quantitative and qualitative indicators, since we are trying to make this a policy in local clubs and associations, focus will be on participants, engagement, feedback, and continued involvement after and during the pilot event. We would love to have at least 60 participants in total (youth and parents) 20% of volunteers, 2 volunteers per workshop, as well as coach and workshop moderator engage 9-10% of qualified professionals (experts in sports, psychology, education,...) to lead some of the workshops or provide specialized assistance where needed.

A – Achievable

These plans are still in progress and development within our panel.

R – Realistic

We will increase communication with the city administration and local authorities, in order to obtain a clearer response to this question.



PORTUGAL

SMART Plan - Pre-Action

Porto

S – Specific

The creation of the Ethics and Inclusion Department, inspired by the guidelines of the National Plan for Ethics in Discrimination (PNED) and supported by its fundamental pillars, has allowed the club to transform intentions into concrete actions. The work developed in the areas of social inclusion, gender equality, combating violence and discrimination, environmental ethics, and promoting fair play has resulted in consistent projects and closer ties with the community.

Xico Andebol marked the 10th anniversary of the European Week of Sport with a deeply symbolic and transformative initiative: a Youth Conversation Circle, organized within the framework of the European project SPIN Youth – Sport for Inclusion. The project came to life with participatory action-research sessions, where the young people themselves identify challenges and propose solutions to make sport more inclusive and conscious.

We also organized an exclusively female tournament, the tournament Paula Ferrão.

M – Measurable

The youth circle had **22 participants, 9 female participants, and 13 male participants.**

The tournament Paula Ferrão had **80 female athlete participants and 5% refugee participants.**

A – Achievable

Guimarães Social Network

Xico Andebol is part of the local social network, collaborating in initiatives of social inclusion, education, and community intervention through projects that use sport as a tool for social development, particularly with children, young people, and the senior population. This cooperation takes place in alignment with municipal strategies for social cohesion and community integration.

CLAIM Guimarães

There is a formal declaration of cooperation within the scope of the Municipal Plan for the Integration of Migrants, in the context of an application submitted by the Municipality of Guimarães to the FAMI 2030 programme.

Xico Andebol:

- Declares institutional support for the Municipal Plan for the Integration of Migrants
- Makes itself available to cooperate in the implementation of actions with migrants and refugees
- Frames sports projects as tools for social integration, informal education, and community participation

This cooperation is formally signed by the club president and integrated into municipal application processes.

CPCJ of Guimarães

The club maintains regular cooperation with the CPCJ of Guimarães, officially recognized, including:

- Integration of referred children and young people into sports practice contexts
- Psychosocial and educational support through handball
- Coordination between club staff and child protection entities

This cooperation is expressly mentioned in the Order Granting Public Utility Status as an example of activity of general interest.

Municipality of Guimarães

The relationship with the Municipality of Guimarães is strategic and ongoing, including:

- Institutional and logistical support for community and inclusive projects
- Partnerships in programs for active ageing, childhood, and youth
- Recognition of the club as Relevant Sports Project of the Year 2022
- Coordination in national and European funding applications
- Cooperation within the Municipal Plan for the Integration of Migrants

The municipality is also a key partner in consolidating the territorial impact of Walking Handball and Xico Cresce.

Portuguese Institute of Sport and Youth (IPDJ)

IPDJ is one of the club's main national institutional partners:

- Continued support for the Walking Handball project over several consecutive years
- Recognition of the club with the Clube TOP Awards for good management practices
- Awarding of the Ethics in Sport Flag
- Recognition of certification as a training entity with the highest classification

This relationship is explicitly mentioned as a basis in the process of granting Public Utility Status.

BPI Fundação “la Caixa”

Xico Andebol has established a formal relationship through successful funding applications and financing agreements, namely:

- Xico Cresce project awarded under the Childhood axis
- Walking Handball application under the Seniors axis

Framing within areas such as social inclusion, poverty reduction, mental health, and non-formal education.

These applications entail:

- Financing and implementation protocols
- Monitoring, evaluation, and accountability obligations
- National recognition of the social impact of the club's projects

R – Realistic

These actions pretend to recognize the clubs which promote ethical values of inclusion and acceptance in order to promote more clubs to follow these guidelines and create these types of projects themselves.

T – Time-bound

Some objectives, especially from an internal perspective of the club, have been already achieved, but it is tangible that in the near future they can be achieved to a certain extent.

Lisbon

SMART Plan - Pre-Action

S – Specific

Intercultural Street Football Tournament

The present proposal aims to organize an Intercultural Street Football Tournament, with a specific focus on the participation of women from the Roma community and the creation of mixed teams to promote gender equality, social inclusion, and dialogue between cultures.

The event will use sport, particularly street football, as a tool for community building, providing a space for healthy interaction and celebrating diversity.

With this action plan and budget, we aim to ensure all logistical and organizational needs are met for the event's success.

Objectives of the street football tournament

The present project aims to organize an Intercultural Street Football Tournament, aimed at promoting gender equality, the active participation of Romani women, and strengthening intercultural dialogue.

Through street football, the aim is to create a space for healthy social interaction, promote social cohesion, and value sport as a tool for inclusion and female empowerment.

The main goals of the tournament are to:

- Encourage sports participation among women, especially those from the Roma community.
- Promote mixed-gender teams to strengthen equality and cooperation across different groups.
- Use sports as a way to fight against discrimination and social exclusion.
- Inspire community involvement and active citizenship.

Description of Activities

The tournament will feature street football games with teams that include women from the Roma community and players from various backgrounds. The matches will be short, lasting 14 minutes in total, to allow all teams to participate in a relaxed and inclusive atmosphere.

The event will have a festive feel with parallel activities and a final shared snack for participants and their families. Medals and trophies will be awarded to all teams to symbolically recognize participation, rather than just athletic performance.

Activities

The tournament will be structured as follows:

- Teams composition: participation of various teams, highlighting the inclusion of Romani players to strengthen cooperation among different groups.

- Street Football format games: games lasting 7 minutes each half, 14 minutes in total, in order to allow all teams to participate in a relaxed and inclusive environment.
- Social space: between games, there will be parallel activities for entertainment and sharing, open to families and the community, promoted by the Youth Panel.
- Awards ceremony: medals and trophies will be awarded to all teams, emphasizing the spirit of participation and not just competitive results.
- Final social gathering: a moment of fellowship to conclude the event, promoting contact among participants and strengthening community ties.

M – Measurable

- Expected participation numbers for women from the Roma community.
- Expected total team participation.
- Expected Youth Panel involvement.
- Expected community attendance.

A – Achievable

- Agreements with local partners.
- Agreements with community organisations.
- Agreements regarding roles and responsibilities for event delivery.

R – Realistic

These activities are realistic as they use an accessible sport (street football), involve existing community groups, and promote inclusive values that align with local needs.

T – Time-bound

- Planned milestones leading up to the European Week of Sport 2025.
- Timeline for team recruitment and logistics.
- Event day execution timeline.

Summary Report - Post-Action

S – Specific

Context of the Activity

As part of the activities promoted by the Youth Panel, an intercultural tournament was held with the aim of promoting social inclusion, gender equality and intercultural interaction through sport. Street football was used as a tool to bring together people from different communities, encouraging participation and valuing diversity.

Objectives of the Activity

The main objectives of the activity were:

- To promote social inclusion through sport;
- To encourage the participation of women, with a particular focus on the inclusion of Roma women;
- To foster gender equality through the creation of mixed teams;
- To promote intercultural interaction and mutual respect;
- To create a safe, participatory and inclusive space for all participants.

Description of the Activity

The activity consisted of an intercultural street football tournament involving participants from different cultural and social backgrounds. Mixed teams were formed, integrating men and women, in order to promote equal opportunities and cooperation between genders.

The tournament was structured as follows:

Team composition: several teams took part in the tournament, with particular emphasis on the inclusion of Roma players, in order to strengthen cooperation and interaction between different social and cultural groups.

Street Football format games: matches were played following the street football format, with two halves of 7 minutes each (14 minutes in total), allowing all teams to participate in a relaxed, dynamic and inclusive environment.

Social space: between matches, parallel social and recreational activities were organised, open to families and the wider community, and promoted by the Youth Panel, encouraging moments of interaction, sharing and community engagement.

Awards ceremony: medals and trophies were awarded to all participating teams, reinforcing the values of participation, inclusion and fair play rather than focusing solely on competitive results.

Final social gathering: the event concluded with a social gathering, providing a moment of fellowship and informal interaction, aimed at strengthening relationships among participants and reinforcing community ties.

Special attention was given to the participation of Roma women, encouraging their active involvement both in the games and in the group dynamics, thus contributing to their visibility and empowerment through sport.

M – Measurable

Participants

The activity involved young people and adults from diverse cultural backgrounds, including both men and women, with particular emphasis on female participation and, specifically, on the involvement of Roma women.

Results and Impact

The activity had a very positive impact, highlighting the following outcomes:

- High levels of participation and engagement;
- Increased inclusion of women, particularly Roma women, in sporting contexts;
- Promotion of values such as respect, cooperation and equality;
- Strengthening of intercultural bonds and community spirit;
- Creation of a positive and welcoming environment, reinforced by the shared social snack.

A – Achievable

The activity was implemented by the Youth Panel with the involvement of diverse participants and community groups, ensuring cooperation, coordination and active participation throughout the event.

R – Realistic

The intercultural street football tournament proved realistic and achievable as it used an accessible sport, involved local communities, promoted simple and inclusive activities, and aligned with the existing objectives of social inclusion, gender equality and intercultural engagement.

T – Time-bound

- Planning and coordination by the Youth Panel
- Recruitment of participants and preparation of activities
- Execution of the tournament, parallel activities, award ceremony, and final social gathering
- Completion of the activity with community interaction and closing moments

Conclusion

The intercultural street football tournament proved to be a successful initiative. The activity demonstrated that sport can be a powerful tool for social inclusion, gender equality and the promotion of intercultural dialogue, and it is recommended that similar initiatives continue and be replicated in the future.



ITALY

SMART Plan - Pre-Action

S – Specific

Should be based & informed by your action research

After the research done, one aspect observed is the totally lack of information about possibility for young people with a different cultural background to be manager in a sport club or sport organisation. That's why the idea is to look for specific occasions of discussion.

M – Measurable

Stimulate a discussion about barriers and difficulties for young people of different background to enter in the sport world as leader, managers, or coaches.

A – Achievable

Organisation of the event by local UISP on the inspiration and suggestion got the youth.

R – Realistic

We don't think about too complicated or participated event.

T – Time-bound

1. Presenting the ideas to the local UISP coordinator
2. Discuss about the topic
3. Participation in the realisation

Summary Report - Post-Action

S – Specific

After the research done, one aspect observed is the total lack of information about the possibility for young people with a different cultural background to be manager in a sports club or sport organisation. That's why the idea is to look for specific occasions of discussion.

15 people participated in the round table at the centre where the presentation of the research was done during the project, with interviews made by the youth. Davide Valeri presented the results and discussed the barriers and difficulties young people found in the sport world. The participants are managers, project coordinator, cultural mediators who work with under 18 and young people (refugees and second generation).

At the end they promote that in UISP in general we should reinforce the training course and the positive action of social inclusion especially for young people, particularly the ones with different backgrounds: specific policies, opening more the local board, finding work occasion or specific work grants.

M – Measurable

Stimulate a discussion about barriers and difficulties for young people of different backgrounds to enter in the sport world as leaders, managers or coaches.

The activities have been successful in terms of content and discussion, compared with experience of other projects, not in terms of participation, because the expectations were higher.

A – Achievable

Organisation of the event by local UISP on the inspiration and suggestion got the youth.

UISP Emilia Romagna has organised the meeting after the suggestion of the youth and the presentation of the results of the research. The managers of UISP saw the similarity with other 2 projects driven in the region.

R – Realistic

We don't think about too complicated or the number of participating events.

Unfortunately, September, when we plan to have a higher number of activities, is the worst for Italy because the sports sector reopens and everybody is concentrated with the new season.

T – Time-bound

1. Presenting the ideas to the local UISP coordinator
2. Discuss about the topic
3. Participation in the realisation
4. Presenting the ideas to local UISP coordinator
5. Discuss about the topics
6. Participation as main actor in the discussion by one of the participants at the research

Overall Conclusion

Sports clubs and organisations can benefit greatly from empowering young people to take on and lead concrete actions, tasks and plans. In reverse, young people gain valuable experiences in leading actions, tasks and plans.

When the development of plans is collaborative underlining the key element of co-creation, the outcomes can be meaningful and sustainable for sport and young people. The SMART Plan Pre-Action framework provides a practical way of developing and co-creating action plans.



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