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Erasmus+ Small-Scale Partnerships in the field of Sport
101185357

**Goals Beyond the Field:
Empowering Youth through Sports and European Values**

Project Booklet

on the good practices of
Youth Goals oriented
Local Sport Actions



Foreword

To the curious minds whose attention has found its way here!

On behalf of the coordinating organisation, Istanbul Culture and Sport Association – IKOS, it is my great pleasure to introduce the booklet “Goals Beyond the Field: Sport-Based Methods for Youth Empowerment and European Youth Goals.”

This publication is the result of a meaningful journey carried out together with our partners from Spain, France, and North Macedonia. Throughout this project, we explored a simple yet powerful idea: that sport, when combined with the right methodologies, can become a transformative tool for learning, inclusion, and active participation.

In many contexts, sport is often perceived only as a physical activity. However, through this project, we have witnessed how sport can go far beyond the field—creating spaces where young people feel included, express themselves, and develop essential life competences. By integrating the European Youth Goals into sport-based activities, we aimed to connect local realities with shared European values.

What makes this booklet particularly valuable is that it is built on real experiences. The methods and activities presented here have been tested, adapted, and refined through the active involvement of young people, youth workers, and sport professionals. They reflect not only what we planned, but what we have learned together.

I would like to express my sincere appreciation to all partner organisations, facilitators, and participants who contributed to this process. Their commitment, creativity, and openness made it possible to create a resource that we believe will continue to inspire others beyond the duration of the project.

We hope that this booklet will serve as a practical guide and a source of inspiration for those who wish to use sport as a tool for education, inclusion, and social change. Because when sport is combined with purpose, participation, and reflection, it truly has the power to transform lives.

Warm regards,



M. Volkan Müderrisoğlu

President of Istanbul Culture and Sport Association



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Sport-Based Methods for Youth Empowerment and European Youth Goals: Introduction

Introduction

Sport has long been recognised as a powerful tool for social inclusion, learning, and personal development. Beyond its physical dimension, sport creates spaces where young people can connect, collaborate, and develop essential life competences. Within the framework of the Erasmus+ Sport Programme, the project “Goals Beyond the Field: Empowering Youth through Sports and European Values” was designed to explore and strengthen this potential.

The project brought together youth organisations and sport clubs from Türkiye, Spain, France, and North Macedonia, aiming to integrate the European Youth Goals into sport-based activities through a structured and experiential approach. By combining Education Through Sport (ETS) methodologies with participatory and youth-led processes, the project created meaningful opportunities for young people to engage actively in their communities.

Over a period of 12 months, the partnership implemented a series of interconnected activities, including international meetings, training courses, youth mobilities, and local sport actions. These activities reached hundreds of young people directly and many more through dissemination efforts, demonstrating the relevance of sport as a tool for promoting inclusion, participation, and wellbeing.

This booklet presents the methodological outcomes of the project. It is designed as a practical resource for youth workers, coaches, educators, and organisations who wish to:

- Use sport as a tool for learning and inclusion
- Integrate European Youth Goals into their activities
- Design participatory and youth-centred programmes
- Apply experiential learning in sport-based contexts

Rather than offering theoretical explanations alone, this booklet focuses on practical methods, real-life examples, and tested activities that can be directly implemented in different contexts.

1. Why Sport for Youth Development?

Sport is one of the most accessible and universal tools to engage young people. It transcends language barriers, cultural differences, and social backgrounds, creating an inclusive environment where participation becomes natural and meaningful.

In the context of youth work, sport offers unique opportunities to:

- Promote active participation and engagement
- Strengthen social cohesion and inclusion
- Support mental health and wellbeing
- Develop key competences such as teamwork, communication, and problem-solving
- Encourage intercultural dialogue

Unlike formal educational settings, sport-based learning environments are often more dynamic, interactive, and experiential. They allow young people to learn by doing, making the learning process more engaging and impactful.

In this project, sport was not used as an end in itself, but as a medium for learning and transformation. Each activity was designed to connect physical engagement with reflection, ensuring that participants could translate their experiences into meaningful learning outcomes.

2. Education Through Sport

At the core of the project lies the Education Through Sport (ETS) methodology, which transforms sport activities into structured learning experiences.

ETS is based on a simple but powerful idea:

“Sport becomes a learning tool when it is intentionally designed, facilitated, and reflected upon.”

This means that:

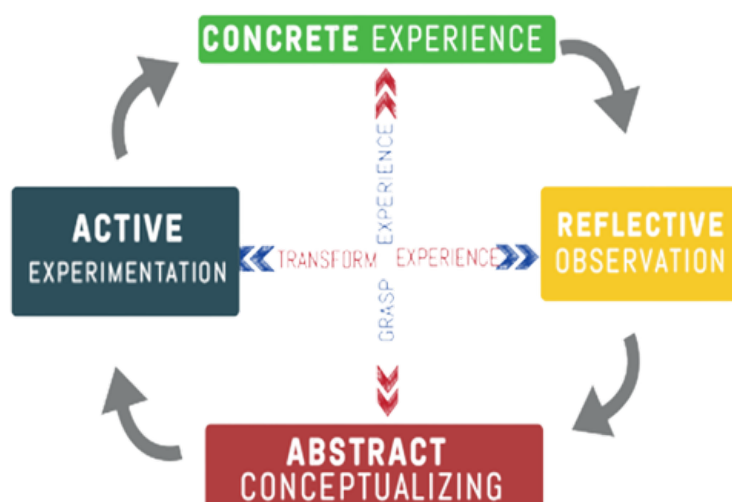
- Activities are planned with clear learning objectives
- Facilitators guide participants through experience and reflection
- Physical activities are connected to social, personal, and civic competences.

In practice, ETS combines:

- Physical engagement (games, exercises, sport activities)
- Reflection (discussion, debriefing, feedback)
- Application (connecting learning to real-life situations)

This approach ensures that participants do not only “play”, but also understand, analyse, and internalise their experiences.

3. Experiential Learning in Practice



The project also builds on the principles of experiential learning, particularly the idea that learning occurs through a continuous cycle of experience and reflection.

This cycle can be understood in four key stages:

- 1.Experience → Participants engage in an activity
- 2.Reflection → They reflect on what happened
- 3.Conceptualisation → They identify lessons and insights
- 4.Application → They apply learning to real-life situations

In sport-based activities, this cycle is particularly effective because:

- Experiences are immediate and tangible
- Emotions and engagement are high
- Reflection becomes more meaningful

For example, a simple team game can become a powerful learning experience when participants are guided to reflect on:

- How they communicated
- How decisions were made
- How inclusion or exclusion occurred

In this project, facilitators were trained to design activities with this learning cycle in mind, ensuring that each sport activity contributed to deeper understanding and personal development.



This cycle transforms simple movement into structured learning. Young people experience the topic physically, reflect emotionally, analyse cognitively and eventually transfer the learning to their daily lives.

Through open questions, group dialogue and guided analysis, participants learn to identify how their actions affect others, how they can manage emotions, and how individual behaviours influence group dynamics. Debriefing helps young people form awareness about themselves and society and supports long-term behavioural change.

4. European Youth Goals and Sport

The European Youth Goals provide a shared framework for addressing the needs and aspirations of young people across Europe. In this project, six key goals were selected and integrated into sport-based activities:



#2 Equality of All Genders



#3 Inclusive Societies



#5 Mental Health & Wellbeing



#8 Quality Learning



#9 Space and Participation for All



#10 Sustainable Green Europe

Each activity included in this booklet is linked to one or more of these goals, demonstrating how sport can contribute to:

- Promoting inclusion and diversity
- Supporting wellbeing and mental health
- Encouraging participation and active citizenship
- Raising awareness about sustainability
- Creating learning opportunities beyond formal education

By connecting sport with these broader objectives, the project ensured that activities were not only engaging, but also meaningful and relevant.

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From Ideathons to Local Sport Actions

Bridging Methodology and Practice

One of the defining elements of the Goals Beyond the Field project was its structured transition from learning to action. While the previous sections introduced the theoretical foundations of the project—namely Education Through Sport (ETS) and experiential learning (ELT)—this phase represents how these approaches were translated into concrete, youth-led practices.

Rather than treating methodology as a standalone concept, the project was designed to embed learning within action. The process was not linear, but cyclical and participatory, allowing young people to move from understanding to co-creation, and from co-creation to implementation.

This transition was made possible through two key components:

- Local Ideathons → spaces for exploration, reflection, and idea generation
- Local Sport Actions → spaces for testing, applying, and validating ideas

Together, they formed a coherent pathway that reflects the core principles of experiential learning.

1. The Role of Ideathons: Creating Space for Youth Voices

Local Ideathons were implemented as the first step of this process, designed as structured yet flexible environments where young people could explore the European Youth Goals and connect them with their own realities.

Following a two-day format, ideathons created a progression:

- **Day 1:** Awareness and understanding
- **Day 2:** Co-creation and solution development

During the first day, participants engaged with the European Youth Goals through discussions, interactive activities, and examples connected to sport and daily life. This phase was essential in building a shared understanding and ensuring that participants could relate the goals to their own experiences.

The second day shifted the focus from understanding to creation. Young people worked in small groups to design sport-based activities addressing specific challenges in their communities. These ideas were not predefined but emerged through dialogue, creativity, and collective reflection.

Importantly, ideathons were not just brainstorming sessions. They were structured learning environments where facilitators guided participants through the experiential learning cycle:

- reflecting on experiences
- identifying needs
- generating solutions
- testing ideas conceptually

This ensured that the outputs were not abstract ideas, but practical and implementable concepts.

2. From Ideas to Action: Implementing Local Sport Activities

The transition from ideathons to Local Sport Actions marked a critical shift in the project: from co-creation to real-life application.

The activities developed during ideathons were not left as concepts; instead, they were further refined and implemented by young people themselves, often with the support of youth workers and sport professionals.

This phase reflected the essence of ETS:

“learning happens through doing, not only through discussing”

Young participants took active roles in:

- planning the activities
- organising logistics
- facilitating sessions
- engaging peers
- reflecting on outcomes

The Local Sport Actions were implemented across different contexts, including schools, youth centres, sport clubs, and community spaces. This diversity ensured that activities were adaptable and relevant to local needs.

3. Experiential Learning in Action

The entire process—from ideathons to implementation—closely followed the experiential learning cycle:

Experience

Participants engaged in ideathons and sport activities

Reflection

They reflected on their ideas, actions, and group dynamics

Conceptualisation

They identified lessons related to inclusion, participation, and wellbeing

Application

They implemented activities in real-life contexts



This cycle was repeated continuously, allowing learning to deepen over time. What made this approach particularly effective was that learning was not imposed, but constructed by participants themselves.

4. Youth as Co-Creators and Facilitators

A key strength of this process was the shift in roles:

from participants → to co-creators → to facilitators

Young people were not only involved in generating ideas, but also in leading the implementation of activities.

This increased:

- ownership
- responsibility
- motivation

It also allowed participants to develop transversal competences such as leadership, communication, and problem-solving.

In many cases, young people adapted their original ideas during implementation, responding to real-life challenges such as group dynamics, time constraints, or available resources. This flexibility further strengthened their learning experience.

5. Connecting Local Action with European Values

While activities were implemented at local level, they remained strongly connected to the European Youth Goals. Each Local Sport Action served as a practical example of how these goals can be translated into everyday practices.

For instance:

- inclusion was experienced through mixed and accessible sport formats
- wellbeing was supported through activities promoting physical and mental balance
- participation was strengthened by giving young people decision-making roles
- sustainability was addressed through activities connected to nature and environment

This ensured that European values were not only discussed, but lived and experienced.

6. A Sustainable Model for Youth Work

The “Ideathon → Action” model proved to be a replicable and sustainable approach for youth work and sport-based education.

Its key strengths include:

- simplicity and adaptability
- strong youth engagement
- direct connection between ideas and practice
- alignment with experiential learning principles

7. Conclusion of the Process

The journey from ideathons to Local Sport Actions demonstrates that when young people are given the space, tools, and trust to take initiative, they are capable of designing and implementing meaningful activities that respond to real needs.

More importantly, it shows that:

- learning becomes more impactful when it is owned by participants
- sport becomes more meaningful when it is connected to purpose

This chapter sets the foundation for the following section, where these youth-led applications are presented as concrete examples of this process in action.

The background features a dark blue field with large, organic, yellow shapes that resemble stylized clouds or abstract figures. A small yellow circle is positioned to the left of the text, and a partial yellow circle is visible at the bottom right corner.

YOUTH-LED SPORT APPLICATIONS



Sport becomes meaningful when young people take the lead.

From Learning to Action

Throughout the project, young people were not only participants but active contributors in designing and implementing sport-based activities.

Building on the methodologies introduced in the previous section, the following pages present a collection of youth-led sport applications developed and implemented across partner countries.

These applications reflect how European Youth Goals can be translated into real-life practices through sport, combining participation, inclusion, wellbeing, and learning.

Each activity showcases the creativity, ownership, and engagement of young people, demonstrating that when given the space and support, youth can become powerful agents of change within their communities.

The following section invites you to explore these applications and adapt them to your own context.

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What Makes this Approach Work?

The success of the Goals Beyond the Field project is rooted in the combination of several key elements that reinforce each other throughout the implementation process.

First, the **integration of Education Through Sport (ETS)** ensured that activities were not limited to physical engagement, but were designed as structured learning experiences. Each activity was intentionally linked to learning objectives and supported by reflection, making the experience meaningful for participants.

Second, the **use of experiential learning principles** allowed young people to learn through direct experience. By engaging in real-life situations, reflecting on their actions, and applying their learning in new contexts, participants developed both personal and social competences.

A third key factor was the **strong emphasis on youth participation**. Young people were not only involved in activities but actively contributed to designing and implementing them. This increased their sense of ownership and responsibility, making the learning process more impactful.

Finally, **the connection between local actions and European frameworks**, such as the European Youth Goals and the European Week of Sport, strengthened both the relevance and visibility of the project. Together, these elements created a model that is not only effective but also adaptable and sustainable.



Application 1:

Focus & Fair Play Circle

- **Country:** North Macedonia
- **Related Youth Goals:** #3 Inclusive Societies, #5 Mental Health & Wellbeing, #9 Participation
- **Duration:** 20–30 minutes
- **Group Size:** 10–20 participants

Purpose of the Application

This activity was implemented by young participants to promote inclusion, focus, and teamwork through a simple and engaging game dynamic. It aimed to create a safe space where participants could experience group responsibility and mutual support.

How it was implemented

Young facilitators guided the group through a circle-based game:

- Participants formed a circle, with one person standing in the centre holding a ball
- The ball was thrown randomly to participants
- The catcher remained standing, while neighbouring participants reacted quickly by crouching
- Mistakes led to rotation, allowing everyone to take an active role
- The activity evolved dynamically, with participants increasing the pace and complexity of the game.

What participants experienced

- Increased focus and reaction skills
- Strong sense of group awareness
- Understanding how individual actions affect the whole group

Youth Reflections

Participants highlighted that the activity was “simple but surprisingly engaging” and helped them realise the importance of attention and cooperation in group settings.



Application 2: Active Tic Tac Toe Challenge

- **Country:** North Macedonia
- **Related Youth Goals:** #8 Quality Learning, #4 Information & Dialogue
- **Duration:** 30–45 minutes
- **Group Size:** 10–20 participants

Purpose of the Application

This activity was designed and implemented by young people to combine physical movement with learning, making knowledge-sharing more interactive and engaging.

How it was implemented

- A large Tic Tac Toe grid was created using sports materials
- Participants were divided into teams
- Players answered questions related to Europe and geography
- Correct answers allowed them to place markers on the grid

Young facilitators managed the game, ensured fair play, and adapted questions based on the group.

What participants experienced

- Learning through movement increased engagement
- Improved teamwork and communication
- Knowledge retention through play

Youth Reflections

Participants reported that the activity was both “fun and educational,” highlighting that competition made learning more motivating.



Application 3: Cycle in Rhythm and Balance

- **Country:** North Macedonia
- **Related Youth Goals:** #10 Sustainable Green Europe, #5 Wellbeing
- **Duration:** 45 – 60 minutes
- **Group Size:** 15–30 participants

Purpose of the Application

This activity aimed to promote sustainable mobility and safe cycling habits while encouraging active participation among young people.

How it was implemented

- Participants received a short introduction to cycling safety
- Demonstrations were provided by experienced cyclists
- Young participants practiced riding on a pump track
- The activity ended with a collective environmental action (cleaning the area / tree planting)

Young people actively supported each other during the practice phase.

What participants experienced

- Improved coordination and balance
- Increased awareness of environmental responsibility
- Confidence in practicing cycling safely

Youth Reflections

Participants appreciated the combination of sport and environmental action, noting that it made the activity “more meaningful.”



Application 4: Meditation & Reflection in Nature

- **Country:** North Macedonia
- **Related Youth Goals:** #5 Mental Health & Wellbeing
- **Duration:** 45 – 60 minutes
- **Group Size:** 8-10 participants

Purpose of the Application

This activity was implemented to support mental wellbeing and encourage young people to reflect on stress, emotions, and self-confidence.

How it was implemented

- Participants gathered in a natural environment
- A guided meditation session was conducted using breathing techniques
- After the meditation, participants shared their experiences
- A group discussion explored how individuals deal with stress and emotions

What participants experienced

- Increased emotional awareness
- Improved ability to relax and reflect
- Better understanding of personal wellbeing

Youth Reflections

Participants shared that the activity helped them “slow down” and think more clearly about their emotions and confidence.



Application 5: Traditional Game “Narodna”

- **Country:** North Macedonia
- **Related Youth Goals:** #2 Equality of All Genders, #3 Inclusive Societies
- **Duration:** 30 – 45 minutes
- **Group Size:** 8 and more participants

Purpose of the Application

To explore equality and teamwork through traditional games.

How it was implemented

The traditional game Narodna is a game whose main goal is to eliminate all the players from the other team by hitting them with the ball. In the first level we played the basic game, when two ‘throwers’ positioned on the short side of the court hit (throw) the ball eliminating the players in the court.

On the second level there were 2 teams from 6 women and 6 men playing against. All the players from the women team were throwing the ball for hitting the men's team players, after that all men players were the ‘throwers’ hitting the women's team.

There was also a rule for catching the ball 3 times from the players in the court and ‘saving’ putting the player from their team inside on the court. In the end of the game we had a debate where the two teams made SWOT analysis for their team.

What participants experienced

- Developing teamwork, strategy, and quick decision-making skills
- Understanding how traditional games can be adapted to promote inclusion and participation
- Strengthening communication and mutual support within the team

Youth Reflections

Many highlighted that the activity was both competitive and inclusive at the same time. The reflection through SWOT analysis helped them better understand their strengths.



Application 6: Multi-Sport Youth Goals Festival

- **Country:** Spain
- **Related Youth Goals:** #3 Inclusive Societies, #8 Quality Learning, #9 Participation
- **Duration:** Min 1 or 2 Days
- **Group Size:** 30 – 60 participants

Purpose of the Application

This youth-led initiative aimed to create an inclusive and dynamic environment where different sports could be used as tools to explore European Youth Goals in practice.

How it was implemented

Young participants designed and facilitated a multi-sport event combining basketball, football, volleyball, and alternative games. Each sport station was linked to a specific Youth Goal, and participants rotated between activities.

Youth facilitators introduced each activity, guided participants, and connected the experience to themes such as inclusion, teamwork, and participation.

What participants experienced

- Active engagement through diverse sport formats
- Learning by doing and rotating roles
- Strong sense of community and belonging

Youth Reflections

Participants highlighted that “changing activities helped keep energy high” and made it easier to understand how sport can connect to different social themes.

Link: <https://www.asociacionauryn.org/semana-cultural-y-deportiva-de-la-asociacion-auryn-goals-beyond-the-field/>



Application 7: Play for a Cause – Charity Football Match

- **Country:** Spain
- **Related Youth Goals:** #2 Equality of All Genders, #3 Inclusive Societies, #9 Participation
- **Duration:** Half Day
- **Group Size:** 20 – 40 participants

Purpose of the Application

To use football as a platform for promoting solidarity, inclusion, and equal participation.

How it was implemented

Young participants organised mixed teams, ensuring diversity in gender, background, and experience level. Matches were played in a friendly environment, supported by informal discussions on participation and opportunities in youth mobility.

Participants were involved in all organisational aspects, including team formation, refereeing, and communication.

What participants experienced

- Equal participation regardless of background
- Increased motivation to engage in international activities
- Strengthened teamwork and communication

Youth Reflections

Participants described the activity as “more than a game,” emphasising the importance of inclusion and equal opportunities.

Link: <https://www.asociacionauryn.org/semana-cultural-y-deportiva-de-la-asociacion-auryn-goals-beyond-the-field/>



Application 8: Alternative Sports for Inclusion

- **Country:** Spain
- **Related Youth Goals:** #3 Inclusive Societies, #9 Participation
- **Duration:** 1-2 Hours
- **Group Size:** 15 - 25 participants

Purpose of the Application

To remove barriers to participation by introducing simple, inclusive, and non-competitive sport activities.

How it was implemented

Young people selected and facilitated alternative games requiring minimal equipment and no prior experience. Activities were adapted to ensure that everyone could participate regardless of skill level.

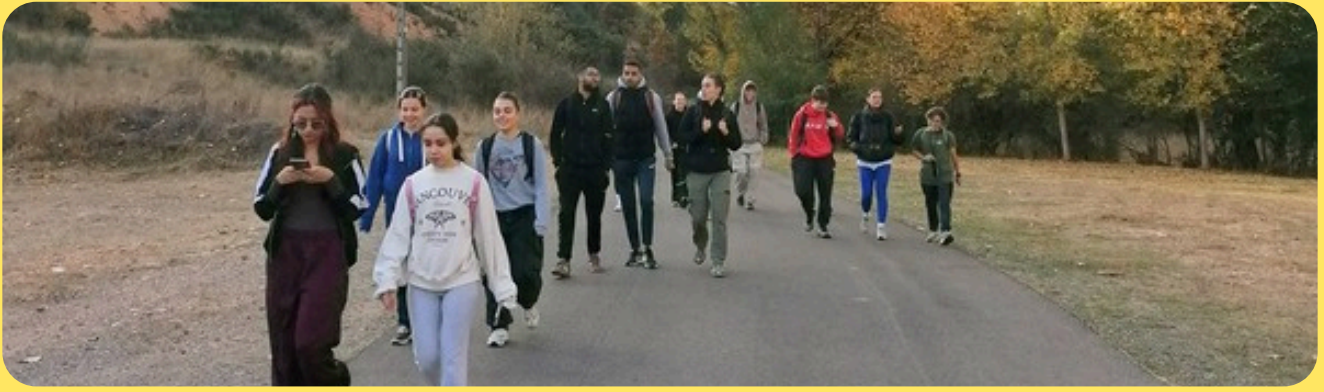
What participants experienced

- Reduced fear of failure
- Increased confidence
- Inclusive participation

Youth Reflections

Participants shared that “everyone could join without pressure,” making the experience more enjoyable.





Application 9: Hiking for Wellbeing and Connection

- **Country:** Spain
- **Related Youth Goals:** #5 Mental Health & Wellbeing, #10 Sustainable Green Europe
- **Duration:** Half Day or Full Day
- **Group Size:** 15 – 25 participants

Purpose of the Application

This youth-led activity aimed to connect physical activity with mental wellbeing, encouraging participants to slow down, reflect, and reconnect with nature while strengthening group bonds.

How it was implemented

Young participants organised a group hiking activity in a natural environment. The route was selected based on accessibility and safety, ensuring inclusion of participants with different physical abilities.

During the hike:

- Participants walked together in small groups
- Informal conversations were encouraged
- Short pauses were included for reflection and observation of the environment

At the end of the activity, a group discussion was facilitated to reflect on the experience, focusing on wellbeing, stress, and connection with nature.

What participants experienced

- A sense of calm and mental relaxation through movement in nature
- Strengthened social connections through shared experience
- Increased awareness of the importance of taking time for wellbeing

Youth Reflections

Many shared that walking and talking together created a more open and comfortable space for communication, allowing them to connect with others in a more genuine way.



Application 10: “Goals Beyond the Field” Sports Podcast Series

- **Country:** Spain
- **Related Youth Goals:** #4 Information & Constructive Dialogue, #5 Mental Health & Wellbeing, #9 Participation
- **Duration:** Ongoing
- **Group Size:** 10 – 15 participants

Purpose of the Application

This youth-led application aimed to create a space where young people could reflect on their experiences in sport activities and connect them with European Youth Goals through storytelling and dialogue. Rather than focusing only on physical activities, this application extended the impact of sport by transforming experiences into shared narratives.

How it was implemented

Young participants were actively involved in the design and production of a podcast series:

- Participants reflected on their experiences in local sport activities
- Small groups were formed to define topics for each episode
- Episodes focused on themes such as:
 - inclusion in sport
 - wellbeing and motivation
 - participation and teamwork
- Young people took roles such as:
 - speaker
 - interviewer
 - content creator

The podcast episodes were recorded, edited, and shared online, reaching a wider audience beyond the direct participants.

What participants experienced

- A sense of calm and mental relaxation through movement in nature
- Strengthened social connections through shared experience
- Increased awareness of the importance of taking time for wellbeing

Youth Reflections

Many participants reflected that this experience helped them to connect with their community and share their stories with others.

Application 10:

“Goals Beyond the Field” Sports Podcast Series

What participants experienced

- A sense of calm and mental relaxation through movement in nature
- Strengthened Development of communication and storytelling skills
- Deeper reflection on personal experiences in sport
- Increased confidence in expressing opinions
- Understanding how sport connects to broader social themes
- social connections through shared experience
- Increased awareness of the importance of taking time for wellbeing

Youth Reflections

Participants described the podcast as “a different way of learning,” highlighting that speaking about their experiences helped them better understand what they had learned during the project. Many expressed that sharing their voices made them feel more involved and valued, as their perspectives became part of the project’s visible outcomes.



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"Goals Beyond the Field: Empowering Youth through Sports and European Values" stands out for its innovative approach to integrating European Youth Goals with sports activities, creating a unique educational and...

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Episodes & Posts

EPISODE 1_Introducing Goals Beyond the Field project

23 NOV 2025 · Episode 1 — Introducing the "Goals Beyond the Field" Project. In this first episode, we introduce "Goals Beyond the Field: Empowering Youth through Sports and European Values," a European project in which the Auryn Association participates. The project stands out for its innovative approach: combinin...

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EPISODE 2 in Spanish_Culture and Sports Week in Spain: Youth Voices in "Goals Beyond the Field"(LOCAL SPORT PROJECTS)

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EPISODE 3_Play, Lead, Inspire; the European Youth Goals & Sports

23 NOV 2025 · Episode 3 — Play, Lead, Inspire: The European Youth Goals & Sports. In this episode, several participants of the project share their perspectives on the European Youth Goals and their powerful connection to sports. Through personal reflections and real-life experiences, our guests explore how sports can...

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EPISODE 4_Goals Beyond the Field, Where Sports Change Lives

23 NOV 2025 · Episode 4 — Goals Beyond the Field: Where Sports Change Lives. In this short episode, several project participants share what sports mean to them and how they enjoy practicing them. Through their testimonies, we discover how physical activity is not only fun but also a powerful tool that inspires,...

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Information

Author	Asociación Auryn
Organization	Asociación Auryn
Categories	Sports , Health & Fitness
Website	-
Email	-



Application 11: Youth Goals Awareness Tournament

- **Country:** France
- **Related Youth Goals:** #4 Information & Dialogue, #8 Quality Learning
- **Duration:** 2-3 Hours
- **Group Size:** 20 - 30 participants

Purpose of the Application

To make European Youth Goals more visible and understandable through sport-based interaction.

How it was implemented

Matches were combined with short thematic moments, where teams discussed a selected Youth Goal before or after each game. Young facilitators introduced key concepts and encouraged participants to reflect on how these goals connect to their daily lives.

What participants experienced

- Better understanding of Youth Goals
- Learning through reflection and interaction
- Increased curiosity and discussion

Youth Reflections

Participants noted that “talking about the goals after playing made them easier to understand.”



Application 12: Cooperative Orienteering Challenge

- **Country:** France
- **Related Youth Goals:** #8 Quality Learning, #9 Participation
- **Duration:** 1–2 Hours
- **Group Size:** 10 – 20 participants

Purpose of the Application

To develop teamwork and problem-solving skills through a cooperative navigation activity in a natural setting.

How it was implemented

Young participants designed an orienteering route with checkpoints. Teams navigated using maps and clues, completing small tasks at each point (physical or reflective).

What participants experienced

- Decision-making under time pressure
- Team coordination and shared responsibility
- Learning through exploration

Youth Reflections

Participants shared that “working together was more important than winning,” highlighting the importance of communication.



Application 13: Inclusive Sports Rotation Day

-
- **Country:** France
 - **Related Youth Goals:** #3 Inclusive Societies, #2 Gender Equality
 - **Duration:** Half Day
 - **Group Size:** 10–20 participants

Purpose of the Application

To create an inclusive environment where everyone can participate regardless of skill level.

How it was implemented

Participants rotated through different sport stations (adapted games, cooperative challenges). They create 5 stations which enables various fun based physical activities. Young facilitators ensured accessibility and inclusion.

What participants experienced

- Equal participation
- Reduced fear of failure
- Strong group connection

Youth Reflections

Participants appreciated that “everyone had a role and could participate equally.”



Application 14: Outdoor Team Challenge Day

- **Country:** France
- **Related Youth Goals:** #5 Wellbeing, #9 Participation
- **Duration:** Half Day
- **Group Size:** More than 5 participants

Purpose of the Application

To strengthen group cohesion through outdoor physical challenges.

How it was implemented

Teams completed a series of challenges (relay races, balance tasks, cooperation games) designed by young participants.

What participants experienced

- Increased motivation
- Stronger bonds between participants
- Enjoyment through movement

Youth Reflections

Participants highlighted the importance of “having fun while working together.”



Application 15: Adventure Pedagogy Camp

- **Country:** France
- **Related Youth Goals:** #3 Inclusive Societies, #5 Mental Health & Wellbeing, #6 Moving Rural Youth
- **Duration:** 3 Days
- **Group Size:** More than 5 participants

Purpose of the Application

This youth-led application aimed to explore the connection between sport, adventure pedagogy, and European Youth Goals through immersive, real-life experiences. The activity encouraged participants to step outside their comfort zones while strengthening teamwork, inclusion, and civic engagement.

How it was implemented

Participants were divided into small teams and engaged in a series of interconnected missions over three days. Each mission combined everyday life experiences with sport-based activities and reflection.

The programme included:

- Staying overnight with local residents (homestay experience)
- Preparing meals using local and sustainable products
- Exploring green mobility solutions in Europe
- Participating in inclusive teamwork activities alongside participants with disabilities

Each mission was paired with physical activities such as:

- cycling
- hiking
- canoeing
- orienteering

Application 15: Adventure Pedagogy Camp

What participants experienced

- Stepping out of their comfort zones through real-life challenges
- Strong sense of teamwork and shared responsibility
- Understanding the connection between sustainability, inclusion, and daily life
- Experiencing inclusion in practice through interaction with participants with disabilities
- Increased motivation for mobility and volunteering opportunities

Youth Reflections

Participants described the experience as “intense but transformative,” highlighting that combining sport with real-life responsibilities made learning more meaningful. Many expressed that the homestay and teamwork elements helped them better understand concepts such as inclusion and solidarity.

The reflection sessions were particularly valued, as they allowed participants to connect their experiences with broader social and European contexts. Several young people also reported feeling more motivated to participate in international mobility and long-term volunteering projects after the camp.





Application 16: Ultimate Frisbee for Inclusion

- **Country:** Türkiye
- **Related Youth Goals:** #3 Inclusive Societies, #9 Participation
- **Duration:** 1-2 Hours
- **Group Size:** 15-25 participants

Purpose of the Application

To promote inclusion, teamwork, and fair play through a non-contact, self-refereed sport.

How it was implemented

Young participants organised and facilitated Ultimate Frisbee sessions:

- Mixed teams were created
- Basic rules were introduced by youth facilitators
- The game emphasised fair play and communication rather than competition
- No referee was used, encouraging players to resolve conflicts themselves

What participants experienced

- Increased responsibility for fair play
- Strong communication and teamwork
- Equal participation regardless of skill level

Youth Reflections

Participants shared that “playing without a referee made them more responsible,” highlighting trust and respect as key elements of the game.



Application 17: School-Based Mini Tournaments

- **Country:** Türkiye
- **Related Youth Goals:** #9 Participation, #8 Quality Learning
- **Duration:** Half-day / multi-day
- **Group Size:** 30 – 60 participants

Purpose of the Application

To engage students in active participation through structured sport events within the school environment.

How it was implemented

- Young organisers created mini tournaments (football, volleyball, basketball)
- Students participated as players, referees, and organisers
- Matches were combined with short reflections and team discussions

What participants experienced

- Leadership and organisation skills
- Increased participation in school activities
- Stronger peer relationships

Youth Reflections

Participants expressed that “being part of organising the event made it more meaningful than just playing.”



Application 18:

Cooperative Games for Team Building

- **Country:** Türkiye
- **Related Youth Goals:** #3 Inclusion, #5 Wellbeing
- **Duration:** 1-2 Hours
- **Group Size:** 10 – 20 participants

Purpose of the Application

To strengthen teamwork and trust through non-competitive activities in basketball.

How it was implemented

Young participants facilitated cooperative games focusing on:

- problem-solving
- communication
- mutual support

What participants experienced

- Increased trust within the group
- Reduced competition pressure
- Stronger social bonds

Youth Reflections

Participants highlighted that “working together without competition felt different but very powerful.”



Application 19: Sport & Values Workshop

- **Country:** Türkiye
- **Related Youth Goals:** #4 Information & Dialogue, #8 Quality Learning
- **Duration:** 2–3 Hours
- **Group Size:** 20 – 30 participants

Purpose of the Application

To explore values such as respect, fairness, and inclusion through sport. To explore them, participants wanted to try a new sport.

How it was implemented

Participants are introduced floor curling sport to try a new sport and understand the spirit of a non-referee game. At the end of learning the sport and practiced it, later they connected their experiences with real-life situations

What participants experienced

- Better understanding of values
- Improved communication skills

Youth Reflections

Participants stated that “sport made it easier to talk about values.”



Application 20: Green Sport Action Day

- **Country:** Türkiye
- **Related Youth Goals:** #10 Sustainable Green Europe
- **Duration:** 1-2 Hours
- **Group Size:** More than 5 participants

Purpose of the Application

To combine sport with environmental awareness.

How it was implemented

- Outdoor sport activities
- While having self-paced walking or running participants gathered the trash in the nature
- Followed by environmental action (clean-up, awareness discussions)

What participants experienced

- Increased environmental responsibility
- Connection between action and impact

Youth Reflections

Participants shared that “doing something for the environment after sport made the activity more meaningful.”

Recommendations for Youth Workers & Organisations

Based on the experiences of this project, several key recommendations can be identified for youth workers, sport organisations, and educators who wish to implement similar approaches:

- Create space for young people to take initiative and lead activities,
- Combine physical activity with structured reflection,
- Adapt sports activities to ensure inclusion and accessibility,
- Connect local actions with broader European frameworks,
- Prioritise learning outcomes over competition,
- Use simple and flexible methods that can be easily replicated

These recommendations highlight the importance of combining structure with flexibility, ensuring that activities remain both meaningful and adaptable to different contexts.

How to Use These Applications

The applications presented in this booklet are not designed as fixed models, but as flexible practices that can be adapted to different contexts, groups, and environments.

Each activity reflects a specific moment within the project, shaped by the needs, ideas, and creativity of young people. For this reason, they should be seen as starting points rather than final products.

When using these applications in your own work, it is important to consider:

- the needs and characteristics of your target group
- the available space and resources
- the level of experience of participants

Facilitators are encouraged to adapt, simplify, or expand the activities based on their context. What matters most is not replicating the activity exactly, but preserving its core principles:

- active participation
- inclusion and accessibility
- reflection and learning
- youth ownership

Combining physical activity with reflection is essential. Even the simplest game can become a meaningful learning experience when participants are given the space to reflect, share, and connect their experiences to real-life situations.

Finally, these applications can be used not only in sport settings, but also in youth work, education, and community-based programmes. Their flexibility allows them to be transferred across different environments and adapted to various objectives. We invite you to **explore, adapt, and build upon these practices** in your own context.

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Activities held during EWoS'25

#BEACTIVE

EUROPEAN WEEK OF SPORT



23-30 September

European Week of Sport 2025: A Shared European Framework

The European Week of Sport (EWoS) is a European Commission initiative launched to promote sport and physical activity across Europe. Taking place every year, it encourages people of all ages and backgrounds to engage in physical activity, while also highlighting the social, educational, and inclusive dimensions of sport.

Under the overarching message of **#BeActive**, EWoS aims to:

- Raise awareness about the importance of an active lifestyle
- Promote inclusion and equal access to sport
- Encourage participation across different communities
- Strengthen the role of sport in social cohesion and wellbeing

Beyond physical activity, EWoS provides a shared European platform where local initiatives can connect to wider European values such as participation, inclusion, and solidarity.



#BeActive – Then. Now.
Always.



Move more, scroll less.



Celebrating 10 years of
European Week of Sport!

Connecting Local Action to European Impact

The implementation of project activities during EWoS 2025 allowed the partnership to strengthen the visibility and relevance of its work. By organising local sport actions during this period, the project ensured that youth-led initiatives were not isolated efforts, but part of a larger European movement promoting active participation and inclusion.

This alignment contributed to:

- Increased visibility of local activities
- Stronger connection to European Youth Goals
- Greater engagement of local communities and stakeholders
- Enhanced sense of belonging to a wider European initiative

Through this approach, sport became not only a local activity but also a shared European experience.

EWoS 2025 in Practice: Strumica, North Macedonia

As part of the European Week of Sport 2025, one of the key international activities of the project—the International Youth and Sport Mobility—was implemented in Strumica, North Macedonia.

This activity brought together 25 young people, youth workers, and sport facilitators from partner countries, creating a dynamic and intercultural environment where sport was used as a tool for learning, participation, and exchange.

During the EWoS week, participants actively engaged in a range of activities, including:

- Mixed-team sport activities and tournaments
- Youth-led facilitation sessions
- Outdoor and nature-based experiences
- Awareness activities connected to European Youth Goals

A highlight of the programme was the organisation of a mixed volleyball tournament, which combined competition with inclusion, teamwork, and fair play. Participants from different backgrounds played together, reinforcing the values of equality and cooperation.

In addition, local sport clubs were actively involved, allowing participants to connect with the local community and experience sport practices in a different cultural context.

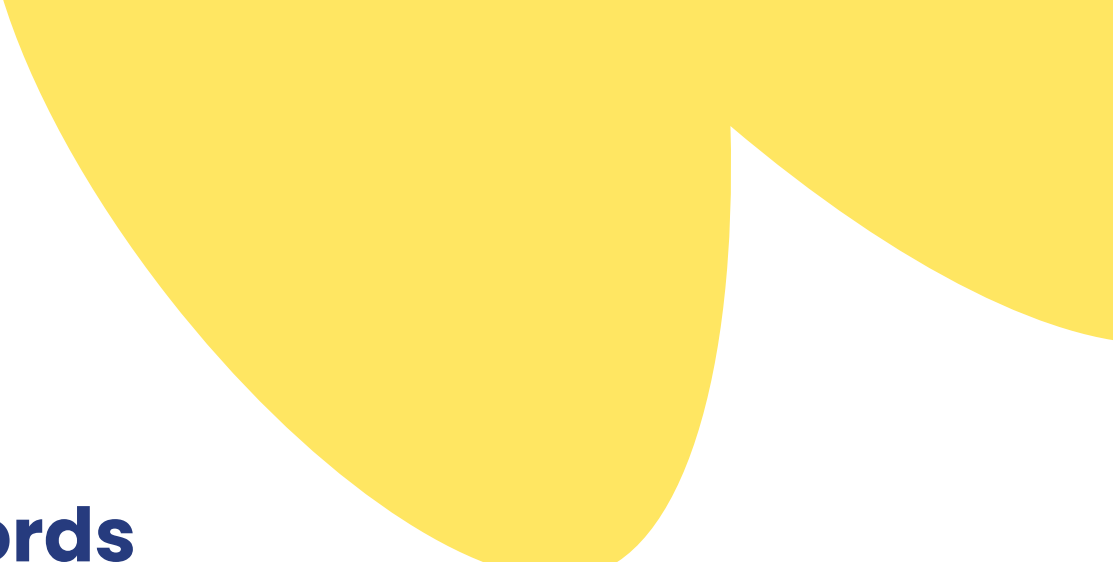


The activities implemented during EWoS in Strumica reflected the core principles of both Education Through Sport (ETS) and experiential learning.

Participants did not only take part in activities but also:

- Facilitated sessions
- Reflected on their experiences
- Connected their learning to European Youth Goals

This ensured that learning was active, participatory, and meaningful. Thanks to this mobility, young people are experienced in building intercultural connections and dialogue.



Final Words

The journey of Goals Beyond the Field has shown that sport, when combined with purpose, participation, and reflection, can become a powerful tool for learning and social change.

Throughout the project, young people were not only participants but active contributors—designing, implementing, and reflecting on activities that connected sport with real-life challenges and European Youth Goals. From ideathons to local sport actions, and from local initiatives to international collaboration, this process demonstrated how meaningful learning can emerge when young people are given the space to take initiative.

What stands out most is not only the number of activities implemented or participants reached, but the transformation that took place along the way. Young people developed confidence, took responsibility, and discovered new ways of engaging with their communities. Sport became more than a physical activity—it became a space for inclusion, dialogue, and empowerment.

As the project comes to an end, its impact continues. The partnerships built, the knowledge created, and the experiences shared form a foundation for future initiatives and collaborations. Ultimately, this project reminds us that change does not happen only through large-scale actions, but through small, meaningful steps taken together.

Because when young people lead, and when sport is guided by purpose, the impact goes far beyond the field.

Acknowledgements

We would like to express our sincere appreciation to all partner organisations, facilitators, youth workers, and young participants who contributed to the implementation of this project.

Their dedication, creativity, and openness made it possible to transform ideas into meaningful actions.

Special thanks to the local communities, sport clubs, and stakeholders who supported the activities and helped extend the impact of the project.

This booklet reflects a collective effort, shaped by shared experiences and a common commitment to empowering young people through sport.





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**Goals Beyond the Field:
Empowering Youth through Sports and European Values**

Project Booklet

on the good practices of
Youth Goals oriented
Local Sport Actions

