

POP-UP PROJECT



About the Project

"POP-UP - Sport for empowerment and for hoping-up your personal and professional pathway" aims to develop physical and sporting activities for individuals in training or socio-professional integration programs. It seeks to reveal positive effects on both personal and professional pathways and support emancipation and success dynamics.

The specific objectives of the project include setting up innovative and inclusive physical activities, enabling organizations to develop innovative training activities, and formalizing skill acquisition to support personal and professional success and socio-professional integration.

● Transnational Work

Our first transnational project meeting took place on February 7th & 8th, 2024, in beautiful Bologna, Italy! The partners had some insightful discussions and work sessions that are essential for the next steps in the project development and engaged in various thematic activities, such as yoga and mindfulness sessions.

On July 25th & 26th, 2024, the second meeting of partners took place in Warsaw, Poland. Reporting sessions were interspersed with diverse activities - we had the opportunity to tour the Old Town, visit the KS Polonia Warsaw club stadium, and participate in a walking football training.



Our First Activities in the POP-UP Project

As part of the POP-UP project, the partners have held focus groups to enhance training and integration pathways for vulnerable people. Coaches, persons with intellectual or cognitive disabilities and unemployed people took part in the focus groups. Their aim was to point out the impact of sports or physical activities on health and skills development and investigate what are the main obstacles in these areas.

With a commitment to accessibility and inclusion, our project aims to create personal and professional growth opportunities for vulnerable populations. Stay tuned for more updates on our journey towards empowerment through sports!

The participants in the picture are from Bulgaria and Italy.



Project Partners

- INTEGRATED DEVELOPMENT ACTIONS (Belgium)
- CONSORZIO DI COOPERATIVE SOCIALI EVT (Italy)
- UNIS VERS LE SPORT (France)
- INSTYTUT ROZWOJU SPORTU I EDUKACJI (Poland)
- ASOCIACIA ZA RAZVITIE NA BULGARSKI SPORT (Bulgaria)
- ASOCIATIA CLUBUL SPORTIV EXPERIENTA MULTISPORT (Romania)

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