

POP-UP PROJECT



NEW REPORT PUBLISHED!

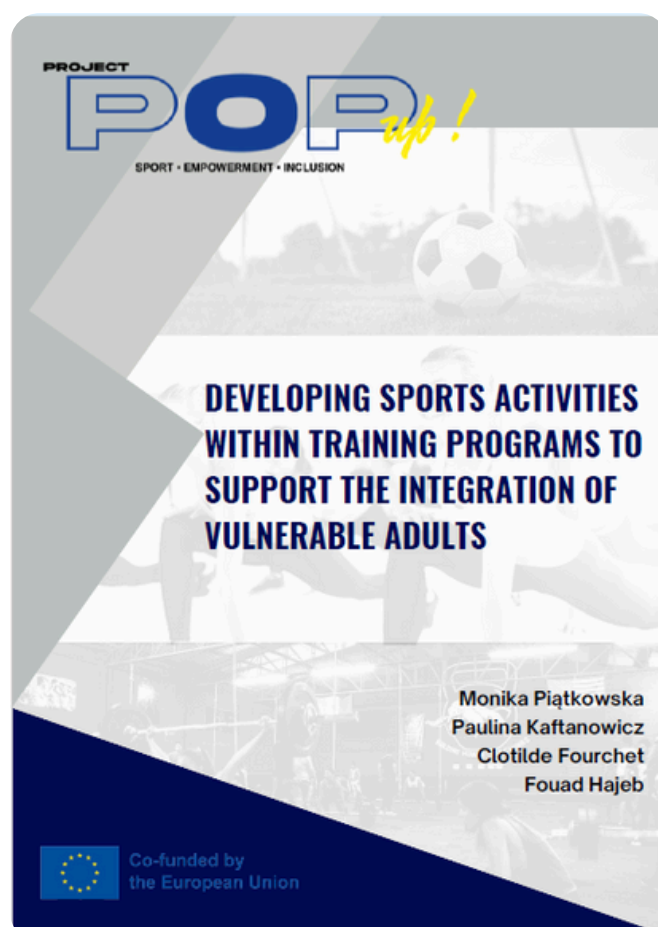
We are excited to announce the release of our latest report:

"DEVELOPING SPORTS ACTIVITIES WITHIN TRAINING PROGRAMS TO SUPPORT THE INTEGRATION OF VULNERABLE ADULTS"

This publication explores how structured sports activities can play a key role in training programs aimed at improving social inclusion, confidence, and well-being among vulnerable adults.

The report offers practical insights, best practices, and recommendations for educators, trainers, and organizations working in the field of adult education and integration.

You can **read the full report** here:
<https://popupsport.eu/tools/>



DEVELOPING SPORTS ACTIVITIES WITHIN TRAINING PROGRAMS TO SUPPORT THE INTEGRATION OF VULNERABLE ADULTS

The report presents findings of the work package 2 from the POP-UP project, which aims to integrate sports and physical activities into training programs supporting the social and professional inclusion of vulnerable adults, particularly unemployed individuals and people with disabilities. Conducted across six European countries, the study involved interviews and sporting activities to assess how structured physical engagement can contribute to personal growth, skill development, and mental well-being in these groups.

The research revealed that while both target groups recognize the benefits of physical activity, participation is often limited by barriers such as health issues, low motivation, financial constraints, or lack of access and infrastructure. For people with disabilities, logistical support and inclusive facilities are especially critical. Despite these obstacles, participants who engaged in sports reported improvements in physical health, self-esteem, and social connectedness. They also developed transferable skills like teamwork, communication, and leadership.

Professionals working with these groups emphasized the transformative potential of sport not just for fitness, but also for building resilience, discipline, and confidence. The report concludes with recommendations to adapt sporting activities to individual needs, improve access and resources, create inclusive and supportive environments, and offer multisectoral and professional support, ensuring long-term, meaningful impact.

Project Partners

- INTEGRATED DEVELOPMENT ACTIONS (Belgium)
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- UNIS VERS LE SPORT (France)
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