

POP-UP PROJECT



POP-UP Challenges Multiplier Events across Europe

The European partners of the POP-UP project livened up the annual European Week of Sport with many different activities during the POP-UP Challenges Multiplier Events organized:

- on the 23th of September in Brussels (Belgium);
- on the 23rd and 24th of September in Sofia (Bulgaria);
- on the 25th of September in Strasbourg (France);
- on the 26th of September in Bologna (Italy), Warsaw (Poland) and Arad (Romania).

Exciting sports demonstrations and interactive workshops were organized in all partner countries!



Sports Event in Belgium

As part of the European Week of Sport and the Erasmus+ POP-UP project, the AID Federation organised the InterAID Sportive Day on Monday, 23 September, at the Fernelmont Sports Centre.

The morning featured presentations and workshops sharing results from the POP-UP action research, which examined adults' perceptions of sport and how physical activity can build confidence and skills. Participants also discovered the pedagogical tools developed in the project.

In the afternoon, trainers engaged in inclusive sports like walking football, tchoukball, yoga dance, kin-ball, self-defence, and orienteering, followed by a creative session to design an ideal support sheet for integrating sport into training. The day's key message was clear: sport is about participation, confidence, and connection.

A heartfelt thank you to all participants, trainers and facilitators for their enthusiasm, and to our partners for their continued collaboration. This event demonstrated once again that sport can be a genuine driver of empowerment and inclusion in adult education.



Sports Event in France



On Thursday afternoon, 25 September, Unis Vers le Sport organised the `Tournoi En Mouvement` tournament at the Jean Nicolas Muller Sports Centre. The event brought together 60 young people from four partner organisations: EPIDE, E2C, Émergence and Unis Vers le Sport.

The young people from EPIDE distinguished themselves through their sportsmanship and won the tournament.

The Fair Play Trophy, awarded to the most supportive team, went to the UVS team.

A big thank you to all the participants – young people and supervisors – as well as to the partner organisations for their commitment. See you very soon for a new tournament!



Sports Event in Bulgaria

The 10th anniversary edition of the European Week of Sport #BeActive was officially opened at “Asics Arena” in Sofia. On 23 and 24 September, hundreds of children and young people joined the Sport Fair, where more than 30 sports federations and clubs presented their activities through engaging demonstrations and information stands. The program included numerous activities aimed at encouraging an active lifestyle and promoting healthy nutrition.

The Bulgarian Sports Development Association (BSDA) is an official partner of the campaign in Bulgaria and traditionally took part in the event, presenting its ongoing Erasmus+ co-funded initiatives over the two days of the fair, including the POP-UP Project, aimed at supporting the education and integration of adults, especially women and people with disabilities, by offering innovative learning activities linked to physical activity and sport. Special focus is placed on health, well-being, and developing skills important for employability.



Sports Event in Italy



On Friday, 26 September, CasaLarga (Via del Carpentiere 14, Bologna) hosted POP UP: Sport for Empowerment, a morning dedicated to sport as a tool for inclusion and work integration. After an introduction to the project with Laura Minieri, Consorzio EVT, there was a focus with Claudia Parisini, It2 social cooperative, on soft skills and tools, realized during the project, for observing and evaluating oneself in personal and professional growth paths.



In the second part, two experiential workshops: Baskin, inclusive basketball with Manuel Fassina, and a Mindfulness workshop with psychologist Martina Toccaceli. An opportunity to reflect and act on the transformative power of sport. This was followed by a lunch buffet organised by Osteria sociale La Tiz, a social enterprise that guides work integration social paths addressed to disadvantaged people.

Sports Event in Poland

On 26 September 2025, the Institute for the Development of Sport and Education organised the European Week of Sport event under the motto "A Sporting Step Towards Integration". Bringing together more than 50 participants, the event aimed not only to promote physical activity, strengthen social bonds, and showcase sport as a tool for fostering a healthy lifestyle and community integration, but also to support the development of transversal skills that enhance employability.

The programme featured two main components: a seminar, which opened the event by presenting the project's rationale, methodology, and first results, which highlighted the potential of sport-based learning activities to improve health, well-being, and employability, and a walking football tournament, designed as an engaging, inclusive, and intergenerational activity. Open to all interested participants, it offered a fun and accessible way to experience the benefits of sport without the barriers posed by high physical demands.



Sports Event in Romania



On Friday, September 26, 2025, the Multisport Experience Sports Club, in partnership with the BRAVII Arad Sports Club Association and the "Preparandia - Dimitrie Țichindeal" College, organized a sporting event as part of the POP-UP project.

The event brought together 78 participants, including athletes with intellectual disabilities, students, teachers, instructors, volunteers, and Erasmus+ students. Through basketball, bocce and warm-up activities, participants experienced firsthand how sport fosters social inclusion, strengthens communication and creates meaningful connections. In addition to the sporting activities, the program included a presentation of the project and its results, offering insights into the impact and achievements of the initiative.

The activities highlighted the importance of sport in acquiring soft skills and maintaining a healthy lifestyle while showcasing the joy and energy that physical activity can bring.