

RECOVER | Contribute to the RECOVERy and reintegration
of victims of trafficking through sports
Project Number: 101183243



Co-funded by
the European Union



Recover

D3.1. Capacity Building Programme

RECOVER

Contribute to the RECOVERY and reintegration
of victims of trafficking through sports

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Lead Beneficiary	CARDET
Deliverable Version	Final
Due Date	31/01/2026
Dissemination Level	PU (Public)



Project Information

Project Acronym	RECOVER
Project Name	Contribute to the RECOVERY and reintegration of victims of trafficking through sports
Call	ERASMUS-SPORT-2024
Project number	101183243
Type	ERASMUS-LS
Project Starting Date	1 January 2025
Project Duration	36 months
Coordinator	KMOP, KENTRO MERIMNAS OIKOGENEIAS KAI PAIDIOU

Deliverable Information

Activity	Development of the capacity-building programme
Deliverable Name	D3.1. Capacity Building programme curriculum
Due Date	31/01/2026
Delivery Date	29/01/2026
Type	OTHER
Dissemination Level	PU (Public)
Main Author(s)	CARDET (co-lead INCOMA)
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Security Reviewer	KMOP

Version History

Version	Issue Date	Author(s)	Content and Changes
0.1	10/12/2025	CARDET, INCOMA, KMOP, SISH, KOPZI, LORMA	ToC & Content Collection
0.2	12/12/2025	CARDET	First Draft
0.3	16/12/2025	CARDET	Internal Review
0.4	19/12/2025	CARDET	Final Draft
Final	29/1/2026	KMOP	Consolidated version addressing final comments

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Introduction

The capacity building program aims to encourage collaboration among professionals in the fields of sports and of direct assistance to Victims of Trafficking (VoTs), in order to be able to jointly design and implement sport activities to Vots' beneficiaries. The capacity building programme inter alia is covering the following: *understanding the value of sports for the recovery and reintegration of VoTs; identifying and dealing with target group's special needs; Ethical considerations and relevant legal framework; Creating of a safe and inclusive coaching environment; Developing coaching and instruction strategies that encourage participation of the target group; Ways of collaboration among the different professionals (sports coaches and trainers, social workers and psychologists) and further reading section.*

This program is based on the findings of WP2 and the consortium developed a common training curriculum. In regards to the methodology for the development of the learning modules, it should be noted that it is based on constructive alignment, an approach that maximizes the conditions for quality learning by ensuring alignment throughout the process, from the forming of learning outcomes, to the choice of teaching methods to assessment. There are three elements involved in the process of constructively aligning modules: defining the learning outcomes; choosing the learning and teaching methods that can lead to attainment of outcomes; and assessing learning outcomes.

In the capacity building program is included a summary version of the lesson plans of the six modules of the program with the Power Point presentations at the end of each plan. In addition, in the following months the curriculum will be enriched with information on how to utilize the e-guide (WP4), the toolkit developed in the framework (WP5) , and will be strongly encouraged to participate in the e-hubs (WP6).

1. Module 1 – Understanding the Value of Sports for the Recovery and Reintegration of Victims of Trafficking (VoTs)

Within the RECOVER framework, this module introduces the fundamental value of sport as a holistic recovery tool. It explores evidence-based connections between physical activity and trauma recovery, highlighting how well-designed sport initiatives can complement psychological and social services. The module also aligns with broader European priorities, such as the *EU Physical Activity Guidelines*, the *EU Work Plan for Sport (2021–2024)*, and the *HealthyLifestyle4All* campaign, which recognize sport as a vector for health, inclusion, and resilience.

Ultimately, by understanding the multidimensional benefits of sport, professionals and coaches will be better equipped to integrate inclusive, safe, and trauma-informed sport activities into the recovery and reintegration pathways of VoTs. This understanding forms the foundation for all subsequent modules in the RECOVER Capacity Building Programme.

1.1 Learning Objectives

By the end of this module, participants will be able to:

1. **Recognize** the psychological, physical, and social dimensions of trauma experienced by VoTs and how sport can contribute to recovery and empowerment.
2. **Explain** the key mechanisms through which physical activity supports mental health, emotional stability, and self-esteem in trauma recovery.
3. **Identify** the main principles that make sport-based interventions effective for the reintegration of VoTs, including safety, inclusivity, and trust-building.
4. **Analyse** real-life examples and good practices where sport has successfully facilitated healing, empowerment, and social inclusion of vulnerable populations.
5. **Reflect** on their own role as sport professionals, understanding the ethical and emotional responsibilities involved in working with survivors of trafficking.
6. **Design** preliminary ideas for sport sessions or programmes that are trauma-informed, inclusive, and adaptable to the needs of VoTs.

1.2 Key Content

Module 1 of the capacity building programme covers the following topics.

Transformative Role of Sport in Recovery- Sport is more than physical activity; it is a structured, social, and emotional experience that can help victims of trafficking (VoTs) rebuild self-confidence, trust, and autonomy. Research from the *World Health Organization (WHO, 2022)* and the *European Commission (EU Physical Activity Guidelines)* highlights that regular participation in sport improves mental health, reduces anxiety and depression, enhances body awareness, and promotes social connection.

Psychological Benefits: Sport can help re-establish a sense of **agency** and **self-worth**. Many survivors of trafficking experience post-traumatic stress, dissociation, and loss of trust in others. Physical activity—especially when delivered in safe, structured environments—stimulates the release of endorphins and fosters positive emotional regulation.

Physical Benefits: Physical activity supports the **reconstruction of physical health**, which is often compromised during exploitation. Sport can help survivors rebuild strength, coordination, and overall well-being. For many VoTs, reconnecting with the body in a positive way—rather than through pain or coercion—is itself a form of recovery.

Social and Community Benefits: Recovery is not only an individual journey—it also depends on **social reintegration**. Sport provides an inclusive, non-verbal space where trust can be rebuilt, teamwork practiced, and belonging rediscovered. Participation in community-based sport initiatives helps VoTs overcome isolation, develop social skills, and feel valued within a group.

Integrating Sport into Recovery Pathways: The effectiveness of sport depends on **how it is integrated** into broader recovery and reintegration frameworks. Collaboration among

coaches, social workers, psychologists, and NGOs is essential to ensure that sport sessions are **trauma-informed** and **adapted to participants' needs**.

Evidence and EU Policy Alignment: The RECOVER programme is grounded in existing European and international frameworks that advocate for sport as a catalyst for inclusion and mental health: **EU Physical Activity Guidelines** – encourage using sport to improve mental and social well-being; **EU Work Plan for Sport 2021–2024** – highlights sport's role in promoting values and social inclusion; **EU4Health Programme** – connects physical activity to recovery and long-term health; **HealthyLifestyle4All Campaign** – calls for equal access to sport for all, especially vulnerable groups; **WHO's Global Action Plan on Physical Activity (2018–2030)** – identifies physical activity as a key factor in mental health promotion and resilience building.

1.3 Training Methods

The delivery of Module 1 combines **theoretical input, experiential learning, and collaborative reflection** to support trainers and professionals in internalizing both the conceptual and emotional dimensions of sport-based recovery. The methods are designed to promote active engagement, empathy, and the ability to translate learning into practice, in line with the **Constructive Alignment** framework.

1.4 Assessment

The assessment strategy for this module focuses on evaluating participants' **knowledge, reflection, and practical application** of concepts related to the use of sport in the recovery and reintegration of victims of trafficking (VoTs). Aligned with the **Constructive Alignment** approach, it ensures that each learning objective is measured through meaningful, learner-centered evaluation methods.

Assessment Purpose

- To verify participants' understanding of the **psychological, physical, and social benefits of sport** for recovery;
- To assess their ability to **translate theoretical knowledge into practical ideas**;
- To encourage **self-reflection** on attitudes, ethical considerations, and professional responsibilities when working with VoTs.

1.5 Annexes / Resources & References

Key References and Policy Frameworks

The content of this module draws upon a combination of European, international, and evidence-based sources related to sport, mental health, and social inclusion:

- European Commission (2021). *EU Work Plan for Sport 2021–2024*.
- European Commission (2018). *EU Physical Activity Guidelines*.
- European Commission (2021). *HealthyLifestyle4All Campaign*.
- European Commission (2021). *EU4Health Programme*.
- World Health Organization (2018). *Global Action Plan on Physical Activity 2018–2030: More Active People for a Healthier World*.
- SAMHSA (Substance Abuse and Mental Health Services Administration) (2014). *Trauma-Informed Care in Behavioral Health Services*.
- Council of Europe (2010). *Recommendation CM/Rec(2010)5 on measures to combat discrimination based on sexual orientation or gender identity*.
- RECOVER Project Proposal (2024). 101183243 – *Contribute to the RECOVERy and reintegration of victims of trafficking through sports*.

Module 1 - Power Point Presentation: <https://www.recover-project.eu/wp-content/uploads/articulate/m1/story.html>

2. Module 2- Identifying and dealing with target group's special needs

The aim of this module is to help professionals identify the needs of different groups of victims of human trafficking and understand how these needs affect victims' recovery process. Training participants will learn how trauma and cultural factors influence victims' reactions, trust, motivation, and engagement in support or sports activities.

2.1 Learning objectives

After the training, professionals will be able to:

1. Understand how gender, age, sexual identity, form of exploitation, cultural and social environment, or disability can affect victims.
2. Describe the main forms of human trafficking.
3. Recognize the specific needs and potential challenges of different groups of victims.
4. Recognize common traumatic reactions.
5. Apply trauma-informed principles when working with victims of human trafficking in various contexts, including sports activities.
6. Promote the involvement of victims in sports activities as a safe, confidence-building, and supportive space.
7. Be aware of behavior and attitudes to ensure respectful, inclusive and human rights-based work with vulnerable people.

2.2 Key Content: Understanding Victims of Trafficking Piloting Phase

Module 2 of the capacity building programme covers the following topics.

Profile of Victims of Trafficking: The profile of victims of human trafficking is shaped by various risk and vulnerability factors that influence how a person experiences exploitation and how they recover afterwards. Gender, age, sexual identity, cultural and social environment, and other personal characteristics can determine different challenges and needs for assistance.

Forms of Exploitation: Since cases of human trafficking can be very different, it is important to familiarize yourself with the main forms of exploitation. These forms determine the different experiences of victims and require different methods of assistance. The most common forms: sexual exploitation, labor exploitation, forced exploitative marriages, exploitation of adults and children for criminal activities, organ trafficking, exploitation of adults and children for begging, forcing or pressure and tricking and misleading.

Trauma and trauma-Informed Care: Trauma-informed care is an approach based on the understanding that most victims of human trafficking have experienced complex trauma. This method aims to create a safe, supportive environment that helps victims recover rather than relive their trauma.

Adapting Sports Activities: Adapted sports activities can help victims of human trafficking regain their self-confidence more quickly, reintegrate, and reduce stress. It is important to choose sports activities that are not competitive or aggressive, as these may remind participants of experiences of control or pressure, and instead choose activities that build trust, self-control, and help strengthen their sense of worth.

2.3 Training Methods

Main objective – provide knowledge and practical tools for identifying, understanding, and responding to victims’ needs in a sports context, guided by the principles of inclusion and trauma-informed care.

A blended model is used, combining contact workshops and remote meetings, combining theory and practical analysis, and including interactive tasks.

2.4 Assessment

The purpose of the assessment is to determine how participants have acquired knowledge about forms of human trafficking, the risk of trauma, and principles of assistance in the context of sports, as well as how they are able to apply this knowledge in practice.

Methods of assessment:

- Interactive knowledge test: a short, dynamic test designed to check how well participants have understood the main aspects discussed in the module (forms of exploitation, signs of victimization, ways to respond, principles of assistance).
- Group case study presentation: participants present their action plan and explain how it aims to protect the victim, taking into account their age, gender, culture, or sporting context.
- Feedback: Each participant describes or discusses what they have learned, how it will affect their daily practice, and how they plan to ensure a safe, inclusive environment.

Module 2 - Power Point Presentation: <https://www.recover-project.eu/wp-content/uploads/articulate/m2/story.html>

3. Module 3- Ethical Consideration and Relevant Legal Frameworks

This module is essential in equipping the target audience with the mandatory legal knowledge and ethical standards required to support Victims of Trafficking (VoTs), particularly within the context of sport activities. The module addresses the inherent power imbalance and vulnerability of survivors by establishing a comprehensive framework rooted in international human rights law. Key content focuses on gaining familiarity with the EU Charter of Fundamental Rights, the European Convention on Human Rights (ECHR), and the Convention on the Rights of the Child (CRC), identifying articles that prohibit forced labour and ensure dignity, liberty, and protection from abuse. The module concludes with an analysis of the national legal framework and requires participants to apply this knowledge through an assessed quiz on Legal Frameworks, ensuring that they can navigate complex ethical dilemmas responsibly and legally.

3.1 Learning Objectives

Upon successful completion of this module, participants will be able to:

1. Identify and differentiate between the core international legal frameworks protecting Victims of Trafficking (VoTs), including the EU Charter of Fundamental Rights, the ECHR (European Convention on Human Rights), and the CRC (Convention on the Rights of the Child).
2. Identify the Trafficking in Persons (TIP) Protocol and the EU Anti-Trafficking Directive 2011/36/EU.
3. Propose appropriate victim assistance and support measures, including the right to compensation, based on the established frameworks for VoTs.
4. Prioritise the survivor's dignity and self-determination above programmatic convenience in all interactions and decision-making.

5. Maintain a non-judgmental, respectful, and culturally sensitive approach when interacting with survivors of diverse backgrounds.
6. Acknowledge the profound importance of professional boundaries and the need for continuous ethical reflection and supervision to mitigate the risk of re-traumatisation.

3.2 Key Content

Module 3 of the capacity building programme covers the following topics.

Sport is a massive industry that links a wide range of activities and contributes significantly to local and global economies each year. In addition to the economic, professional, and social advantages, sport also draws dishonest criminals and human traffickers who are eager to take advantage of this multibillion-dollar industry to exploit children and adults in, through, and around sport. Sport trafficking is still a little-known issue, despite the fact that human trafficking is a severe crime and a terrible violation of human rights (Mission 89. (2024). *Global Thematic Report on Sport Trafficking*. Mission 89: Geneva).

Fundamental Rights of the European Union (EU): Trafficking in persons is a serious crime, a gross violation of fundamental rights, and explicitly prohibited by the Charter of Fundamental Rights of the European Union (hereinafter the [EU Charter](#)). National systems are not replaced by the Charter; rather, it enhances them. National courts must make a decision if people's fundamental rights are not upheld. The European Court of Human Rights, which decides cases involving violations of the civil and political rights outlined in the European Convention for the Protection of Human Rights and Fundamental Freedoms, is another option available to individuals. The European Commission may also bring a Member State before the Court of Justice of the European Union in certain situations where a Member State violates someone's rights by breaking EU law (Fundamental Rights in the EU).

Existing legal frameworks for combating trafficking: At the international level, the TIP Protocol is the primary legal instrument addressing trafficking in persons. Other international instruments relevant for anti-trafficking include: The 1989 [Convention on](#)

[the Rights of the Child](#), the 1999 [Worst Forms of Child Labour Convention](#), the 1979 [Convention on the Elimination of All Forms of Discrimination Against Women](#), the [1926 Slavery Convention](#), which provides the international definition of slavery that may inform interpretation of slavery as a form of exploitation included in the trafficking definition, the 1930 [Forced Labour Convention](#), and the 1956 [Supplementary Convention on the Abolition of Slavery](#), the Slave Trade, and Institutions and Practices Similar to Slavery. Also, ASEAN Convention Against Trafficking in Persons, Especially Women and Children (ACTIP), Council of Europe Convention on Action against Trafficking in Persons (ECAT), EU Directive 2011/36/EU on Preventing and Combatting Trafficking in Human Beings and Protecting its Victims and SAARC Convention on Preventing and Combatting Trafficking in Women and Children for Prostitution (2002).

Moreover, this module will cover other areas for legislative consideration such as intersecting crimes, child protection and children's rights, regulation of recruitment and victim assistance and support and Recommended Principles on Human Rights and Human Trafficking (from the OHCHR Document). The OHCHR document establishes a framework for integrating a human rights perspective into all anti-trafficking laws and policies.

3.3 Training Methods

This module will be delivered using a blended, participant-centric approach designed to facilitate both comprehensive knowledge acquisition and practical application in sensitive, real-world contexts.

The module is structured for an interactive, hybrid learning experience to maximise engagement and ensure all learning styles are accommodated:

- **Self-Paced Digital Pre-Work (25%):** Participants will be required to review the core legal documents (EU Anti-Trafficking Directive, key articles of the ECHR and CRC, etc.) and read the provided executive summary and key content prior to the session. This ensures a foundational level of knowledge for all participants.
- **Synchronous Session (50%):** A facilitated, online workshop (or in-person session) focusing on in-depth analysis and discussion. This is where the frameworks will

be thoroughly analysed and the Legal-Ethical Decision-Making Matrix will be introduced and practiced. The session is highly interactive and relies on group discussions and problem-solving.

- **Post-Session Application and Assessment (25%):** Completion of the assessed quiz where participants will apply their knowledge.

3.4 Assessment

The assessment strategy for this module focuses on evaluating participants' **knowledge, reflection, and practical application** of concepts related to the ethical considerations and relevant legal framework.

3.5 References

- *Convention on the Rights of the Child*. UNICEF. <https://www.unicef.org/child-rights-convention>
- *Convention C182 - Worst Forms of Child Labour Convention, 1999 (No. 182)*. https://normlex.ilo.org/dyn/nrmlx_en/f?p=NORMLEXPUB:12100:0::NO::P12100_I_NSTRUMENT_ID:312327
- *Convention C029 - Forced Labour Convention, 1930 (No. 29)*. https://normlex.ilo.org/dyn/nrmlx_en/f?p=NORMLEXPUB:12100:0::NO::P12100_I_NSTRUMENT_ID:312174
- Franklin, A. (2021). *Human Trafficking of Athletes: An Unseen Urgency in the Wide World of Sports*, Thurgood Marshall Law Review 46, no. 1: 3.
- *Fundamental rights in the EU*. Fundamental Rights in the EU. <https://www.europarl.europa.eu/about-parliament/en/democracy-and-human-rights/fundamental-rights-in-the-eu>
- Joint, U. N. Human Trafficking. <https://www.unhcr.org/sites/default/files/legacy-pdf/4ee6215e9.pdf>
- NODC. (2022). *Global Report on Trafficking in Persons 2022*. https://www.unodc.org/documents/data-and-analysis/glotip/2022/GLOTiP_2022_web.pdf
- OHCHR. *Convention on the Elimination of All Forms of Discrimination against Women New York, 18 December 1979*. <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-elimination-all-forms-discrimination-against-women>

- OHCHR. *Slavery Convention*. <https://www.ohchr.org/en/instruments-mechanisms/instruments/slavery-convention>
- OHCHR. *Supplementary Convention on the Abolition of Slavery, the Slave Trade, and institutions and practices similar to slavery*. <https://www.ohchr.org/en/instruments-mechanisms/instruments/supplementary-convention-abolition-slavery-slave-trade-and>
- Touzenis, K. (2010). *Trafficking in human beings: Human rights and transnational criminal law, developments in law and practices*. UNESCO Migration Studies. UNESCO.

Module 3 - Power Point Presentation: <https://www.recover-project.eu/wp-content/uploads/articulate/m3/story.html>

4. Module 4- Creating a safe and inclusive coaching environment

Creating a safe and inclusive coaching environment is essential for the recovery and reintegration of victims of trafficking (VoTs), functioning as a foundation for both psychological healing and social reintegration. Such an environment ensures physical, emotional, and psychological safety by adopting trauma-informed coaching practices that recognize the complex needs and vulnerabilities of VoTs. These practices include respecting autonomy, fostering trust through consistency and transparency, and providing culturally sensitive and gender-responsive support. Safe coaching spaces avoid retraumatization by minimizing competitive or coercive pressures while promoting empowerment, agency, and positive social connections through sport and physical activity (RECOVER project, 2025; Fields, 2025; McElroy, 2025).

4.1 Learning objectives

By the end of this module, learners will be able to:

1. Apply safeguarding principles and trauma-informed coaching practices to create physically and emotionally safe environments for victims of trafficking and vulnerable athletes.
2. Design a structured practice session that incorporates boundary respect, autonomy, and trauma-sensitive approaches appropriate for working with VoTs.
3. Evaluate problematic coaching language and communication patterns.
4. Implement conflict management strategies and group dynamic interventions that are sensitive to the unique needs and triggers of trafficking survivors.
5. Demonstrate consistent, trustworthy coaching behaviors.

4.2 Key content

Module 4 of the capacity building programme covers the following topics: What does “safe space” in sports means?, Tips on the creation of safe sports spaces, Establishment of clear safeguarding rules, Consistency, trustworthiness, open communication and accountability, Maintaining a non-judgmental attitude, Using trauma-informed approaches, Devotion of time and effort in inclusivity (including inclusive language), and Managing group dynamics and conflict.

4.4 Training methods

This module will be delivered using a blended, participant-centric approach designed to facilitate both comprehensive knowledge acquisition and practical application in sensitive, real-world contexts.

- Presentation of the topic & the learning objectives,
- Designing a safe practice session (group work),
- Presentation of the key content of Module 4,
- Communication lab: Language matters! (Reframing group activity, participants presentation & group reflection),
- Assessment.

4.3 References

- Andoh, E. (2025). Treating survivors of human trafficking: Psychologists bring trauma-informed strategies to the therapeutic table. *American Psychological Association*, 56(2). <https://www.apa.org/monitor/2025/03/survivors-human-trafficking>
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- Fields, E. (2025, July 10). Community as care for human trafficking survivors. *Safe House Project*. <https://www.safehouseproject.org/blog/community-as-care-for-human-trafficking-survivors/>
- Kliwein, T. M. (2024, September 22). Creating trauma-informed sports environments for athletes: Applying trauma-informed principles to the spaces athletes train and compete. *Psychology Today*. <https://www.psychologytoday.com/us/blog/in-the-trenches/202409/creating-trauma-informed-sports-environments-for-athletes>
- McElroy, M. (2025, May 30). Rebuilding psychological safety in sport: A guide for coaches. *LinkedIn*. <https://www.linkedin.com/pulse/rebuilding-psychological-safety-sport-guide-coaches-martin-mcelroy-ipcec>
- RECOVER Project. (2025). *D2.1 needs analysis report*. <https://www.recover-project.eu/outputs/>
- Surtees, R., Meshi, M., Tanellari, S., & Alikaj, A. (2022). *Mentoring trafficking victims: A reintegration guide for practitioners*. Different and Equal; NEXUS Institute.
- United States Department of Health and Human Services, Administration for Children and Families, Office on Trafficking in Persons. (2018, January). *Adult human trafficking screening tool and guide*. https://www.acf.hhs.gov/sites/default/files/documents/otip/adult_human_trafficking_screening_tool_and_guide.pdf

Module 4 - Power Point Presentation: <https://www.recover-project.eu/wp-content/uploads/articulate/m4/story.html>

5. Module 5- Developing Coaching and Instruction Strategies that encourage participation of Victims of Trafficking (VoTs)

Victims of trafficking frequently present with trauma responses that directly affect participation in sport-based activities: hypervigilance, distrust, withdrawal, shame, difficulty concentrating, dissociation, and impaired agency. Trauma research (*Herman, 1992; van der Kolk, 2014; Substance Abuse and Mental Health Services Administration [SAMHSA], 2014*) shows that trauma disrupts three fundamental capacities essential for participation: Sense of safety (feeling physically and emotionally secure), Sense of trust (believing others' intentions are safe and predictable), Sense of control/agency (being able to make choices and influence one's own experience) and Capacity for self-regulation (managing emotions, arousal, and bodily responses to stay present and engaged).

5.1 Learning Objectives of this Module

By the end of the module, participants will be able to:

1. Recognise trauma responses relevant to sport participation
2. Understand how trauma disrupts core capacities essential for learning and participation
3. Apply trauma-informed coaching strategies that reduce threat and support regulation
4. Facilitate participation through flexible, autonomy-supportive methods
5. Manage trauma responses appropriately during sessions
6. Create relational conditions that counter coercion and support empowerment
7. Implement group-level adaptations to support mixed groups
8. Use movement-based practices to support regulation and embodiment

9. Provide culturally and contextually responsive instruction

5.2 Key Content

Module 5 of the capacity building programme focuses on the **Instructional Strategies that Promote Participation and Engagement**. Trauma creates intolerance for unpredictability. Instruction must therefore be designed to lower cognitive and emotional load e.g. begin each session with a brief agenda, describing what will happen and in what order or use stable rituals (same warm-up pattern, same opening/closing routine). To support this, coaches should break each skill into small, manageable steps that feel doable e.g. break skills into the smallest possible units, reducing the chance of overwhelm, offer parallel levels of difficulty so participants can self-select their challenge point, provide low-intensity versions of tasks (e.g., walking instead of running) so participants can participate even when energy or regulation is low.

Coaching must counteract trauma's erosion of autonomy. Many survivors have experienced environments where choice was removed or ignored, so even small decisions in sport can play a meaningful role in rebuilding a sense of control. Restoring agency is essential for reintegration and leads to better coaching outcomes: when participants feel they have real choices, they show more trust, motivation, and sustained engagement.

Furthermore, trauma triggers can show up as freezing, shutting down, agitation, or sudden confusion. These are automatic stress responses linked to survival circuits rather than choice (Porges, 2011; van der Kolk, 2014). Coaches can support regulation by adjusting instruction in ways that reduce pressure and restore a sense of safety.

Moreover, this module address the **Strengths-Based, Non-Comparative Feedback**: Because shame and fear of failure are dominant barriers among VoTs, feedback must be structured to recognise effort, persistence, and self-regulation over performance, avoid public correction; use quiet, brief individualized feedback, reinforce personal progress (“Your coordination today improved in that sequence; well done”), keep an individual

record of progress for each participant. This allows participants to recognise their own development more clearly and encourages them to compare their progress with their earlier efforts rather than with peers and offer acknowledgement for presence and engagement rather than solely for performance, helping participants feel valued regardless of output.

This module refers to **Empowerment-Based Coaching Models**. Empowerment-based coaching is not defined simply by providing choices or reducing performance pressure. Its central aim is to create a relational experience that counters the dynamics present in exploitation. Many individuals with trafficking experiences have learned to navigate relationships marked by control, coercion, and unpredictability, conditions known to undermine agency and relational trust (Herman, 1992; Miller & Stiver, 1997). Empowerment within a sport setting therefore focuses on interactions that are collaborative, coherent, and respectful, enabling participants to gradually experience themselves as agents rather than objects of other people's decisions (Deci & Ryan, 2000; van der Kolk, 2014).

Additionally, the **Cooperative, Not Competitive, Group Design** will be explored. For many VoTs, competition heightens social threat and undermines belonging. Group activities should emphasize cooperation over elimination or ranking. Using shared challenges, partner tasks, and rotating small groups reduces social pressure and prevents isolation while building supportive micro-communities.

In addition, **Multiple Pathways to Group Participation** is part of this Module. Participation is not limited to physical execution. Group activities should include varied roles (timekeeper, organiser, motivator), low-intensity participation options, and opportunities to engage through observation before joining physically. These forms of involvement keep participants integrated even when their emotional capacity fluctuates.

Coaching Mixed Groups: Most coaches work with mixed groups in which only a few participants may have trafficking-related trauma, while others do not. Research shows that trauma exposure is more widespread in sport than generally recognised, and that many athletes, regardless of background, prefer trauma-informed coaching approaches

(Hertzler-McCain et al., 2023). Coaches therefore benefit from adopting group formats that support a wide range of regulation levels without identifying or separating individual participants.

One effective approach is to integrate different tempos, intensities, and task roles directly into the session design. Studies on trauma-sensitive coaching show that when variation is embedded as a standard part of activities, participants can adjust their engagement quietly and without stigma, while peers experience the structure as fair and autonomy-supportive (Shaikh et al., 2024). This reduces the likelihood that temporary pauses or slower engagement by VoTs will be interpreted as lack of effort, a common source of social pressure in mixed groups.

This module explored the **Embodiment, Regulation, and the Role of Movement**: Trauma often disrupts interoception—the ability to sense internal bodily states—which can create detachment from physical sensations and reduce a person’s capacity to self-regulate (Farb et al., 2015; van der Kolk, 2014). Movement-based instruction can help restore this connection when it emphasises safety, predictability, and gradual sensory engagement.

In the **Culturally and Contextually Responsive Instruction** is explored the VoTs come from diverse cultural and linguistic backgrounds, and trauma can intensify sensitivity to unfamiliar norms or unclear communication. Research in transcultural psychiatry and inclusive sport shows that participants engage more confidently when the environment reduces cultural ambiguity and supports clear, predictable interaction (Kirmayer, 2012; Schinke et al., 2019):

- Modesty norms, gender dynamics, or touch-related boundaries: Expectations about clothing, personal space, and gender interaction differ between cultural contexts and may be more pronounced for individuals with trauma histories. Providing options regarding distance, partner work, and clothing helps maintain a sense of comfort.

- Language barriers (use of visual demonstrations, simple language cues): Stress can make verbal instructions harder to process. Use universal visual cues for “pause,” “ready,” “okay” to reduce dependency on language.
- Cultural meanings of sport, hierarchy, or group roles: Roles within groups and the position of the coach may carry different meanings for participants. Stating expectations explicitly, like how to ask questions, how feedback is given, what cooperation looks like, reduces uncertainty.

5.3 Training Method

1. Introduction to Module 5
2. Recognising Signs of Trauma Through Short Scenarios (Group discussion based on scenarios)
3. Using Predictable Structure and Clear Transitions (Demonstration and small-group work.)
4. Building Step-by-Step Progressions (Group work)
5. Supporting Choice Through Clear Language (Pair Activity)
6. Responding Safely When a Participant Becomes Overwhelmed (Demonstration and group discussion).
7. Giving Strengths-Based, Non-Comparative Feedback (Pair exercise)
8. Adapting Group Activities for Mixed Groups (Group design activity)
9. Simple Grounding Cues to Support Embodiment and Regulation (Guided practice)
10. Cultural and Contextual Responsiveness (Case analysis)
11. Assessment (Individual quiz)

5.4 Assessment

The assessment strategy for this module focuses on evaluating participants' **knowledge, reflection, and practical application** of concepts related to the developing of strategies that encourage participation and engagement of victims of trafficking (VoTs).

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Module 5 - Power Point Presentation: <https://www.recover-project.eu/wp-content/uploads/articulate/m5/story.html>

6. Module 6- Ways of collaboration among the different professionals

This module provides a practical introduction to how different professionals can work together, and with survivors, to design and implement sports-based recovery and reintegration initiatives for victims of trafficking (VoTs). Its central objective is to equip participants with the ability to understand professional roles, coordinate support effectively, and co-create safe, meaningful and trauma-sensitive sport activities that genuinely contribute to recovery.

6.1 Learning objectives

By the end of this module, participants will be able to:

1. Understand the value of interdisciplinary collaboration in sports-based recovery and integration, recognising why different professionals need to work together rather than in isolation.
2. Identify the main roles and responsibilities of key professionals involved in supporting VoTs (social workers, psychologists, legal professionals, health practitioners, coaches), and understand how these roles complement each other in recovery pathways.
3. Recognise the boundaries and limits of each profession, understanding what each actor can and cannot do, and why respecting professional scopes is essential for safety and effectiveness.
4. Explain the importance of structured coordination when developing a sport-based initiative, including clarity of roles, communication, referral processes and shared goals.
5. Apply the principles of building strong partnerships, including identifying needs, selecting partners, aligning expectations, coordinating actions and defining responsibilities.

6. Understand the process of co-creation with local stakeholders and survivors, recognising why participation, joint decision-making and contextualised responses improve relevance and sustainability.
7. Engage survivors and local actors in the design of a small sport-based initiative, using stakeholder mapping, shared planning and coordinated action as practiced in the module activity.

6.2 Key content

Module 6 of the capacity building programme explores how different professionals contribute to the recovery and reintegration of victims of trafficking through sport, and how coordinated and participatory approaches enhance the impact of sport-based initiatives. The content is organised into three interconnected units that guide participants from understanding professional roles, to building effective partnerships, to co-creating initiatives with survivors and local stakeholders.

The first unit examines the different professionals involved in supporting survivors and how their roles intersect within a sport-based initiative. Social workers assess needs, coordinate services and activate social resources; psychologists address trauma and emotional stabilisation; legal professionals protect rights, offer guidance and ensure confidentiality; and health professionals monitor physical well-being and determine readiness for sport participation. Sports coaches and facilitators create inclusive and safe sports environments, while cultural mediators, educators and community workers support communication and continuity.

To ensure clarity, the unit highlights the boundaries of each role, emphasising what each professional can and cannot do. This helps prevent role confusion, reinforces safeguarding and enables complementary teamwork. Key examples include:

- A coach does not replace psychological or legal support.
- A legal professional does not provide mental health care.

- Health decisions remain the responsibility of qualified medical staff.

By understanding these distinctions, participants learn how each actor contributes to a holistic and safe recovery process.

The second unit focuses on how coordinated work across organisations reinforces the effectiveness of sport-based interventions. Participants explore why collaboration enhances safety, supports continuity of care and ensures that sport activities align with survivors' broader recovery needs.

This unit introduces practical steps for establishing strong partnerships. It begins with identifying each organisation's strengths, limitations and needs, which helps determine what external expertise or resources are required. Participants then learn how to select partners, assess complementarities and align expectations before formal collaboration begins.

To support effective coordination, the unit emphasises:

- Clear definition of roles and responsibilities;
- Regular and transparent communication routines;
- Agreed procedures for follow-up and decision-making;
- Alignment of goals and expectations from the outset.

The unit also addresses practical aspects such as cost sharing, resource allocation and administrative responsibilities, drawing attention to the importance of transparency. Common partnership challenges—such as inconsistent engagement or unclear expectations—are discussed to help participants anticipate and navigate them.

The final unit explores co-creation as a participatory approach in which both survivors and local actors actively shape a sports-based reintegration initiative. Co-creation goes beyond consultation: it emphasises shared planning, joint decision-making and recognition of survivors' experiential knowledge. Survivors' involvement promotes ownership and ensures that activities reflect their needs and aspirations. Local stakeholders bring contextual understanding, resources and longer-term support.

Participants are introduced to practical tools that support this process, such as:

- Stakeholder mapping, to identify relevant actors and their contributions;
- Shared planning techniques, allowing multiple voices to shape activities;

The module culminates in a practical exercise in which participants design a small-scale sport-based reintegration initiative based on a survivor scenario. This task integrates all learning from the module, linking the understanding of professional roles, principles of partnership-building and co-creation strategies.

6.3 Training Methods

This module is delivered as a self-paced online course, where learners progress independently through the content using the PPT as the main learning guide. Each slide introduces a key concept and immediately proposes a brief task or reflection, allowing participants to connect theory with practice without the need for live facilitation.

The course uses a slide-guided structure, with short texts, visual elements and activity proposals. Learners move at their own pace, revisiting content as needed. Although the course is designed for individual completion, all exercises can also be carried out collaboratively if participants choose to work with peers through online tools (forums, shared documents, etc.).

6.4 Assessment

Assessment in this module is practice-based and focused on the concrete activities proposed in the presentation. Learners are assessed on their ability to understand the roles of different professionals, think critically about partnerships, and design a basic sports-based reintegration initiative using the survivor scenario. The assessment is carried out through three short tasks, all to be completed individually (with the option of working in groups if the learning context allows it).

Module 6 - Power Point Presentation: <https://www.recover-project.eu/wp-content/uploads/articulate/m6/story.html>

7. Further Reading

7.1 Cyprus

The **Strategy Document and Action Plan for the Prevention and Tackling of Human Trafficking and the Protection of Victims (2023–2026)** addresses the crime of human trafficking, which is a form of modern-day slavery that violates fundamental human rights and is often committed in the context of transnational organised crime. The beneficiaries are victims of human trafficking, especially those from vulnerable populations such as migrants, asylum seekers, agricultural workers, women and girls (for sexual exploitation), and individuals with disabilities. The practice is a four-year, multi-pillar national strategy guided by the Multidisciplinary Coordinating Group against Human Trafficking (MCG). Key activities across the four pillars include: Prevention (Pillar I), Prosecution (Pillar II - Suppression of the crime), Protection (Pillar III) and Partnerships (Pillar IV - Cooperation and coordination). The policy is coordinated by the Multidisciplinary Coordinating Group against Human Trafficking (MCG), presided over by the Minister of Interior as the National Coordinator. Since this is a prospective action plan (2023-2026), the expected outcomes are: Restored Dignity and Reintegration: Successful social reintegration of victims, which includes access to employment and social rehabilitation, Improved Justice System: Increased successful prosecution rates of perpetrators and faster court procedures for human trafficking cases, Enhanced Victim Support: Prompt and better response by state services (especially Social Welfare Services) across all stages of handling victims and Holistic Approach: Effective, comprehensive, and coordinated state policies through reinforced institutional structures and partnerships with civil society.

Complementing this strategy, **Article 29 of Law 60(I)/2014** addressed the injustice of re-victimising and criminalising victims of human trafficking (THB). The primary objective is to safeguard the dignity and rights of victims by legally ensuring they are not prosecuted or sanctioned for offenses they were forced to commit. The practice is a legislative immunity/non-prosecution clause implemented through Law 60(I)/2014, with practical application overseen by the Attorney General's Office. Article 29 provides that

victims are not to be prosecuted for criminal activities if these were a direct consequence of their status as victims of THB. This Article of Law ensures that victims are not treated as criminals, which is a key measure of a mature anti-trafficking framework.

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7.2 Greece

The **Arts Action Network Football Club (AAN FC Athens)** was founded on August 1, 2018, originating under the Greek Forum of Refugees umbrella. The practice aimed to promote social inclusion, defend fundamental human rights, and foster solidarity through football and artistic activities. It sought to create a safe informal space where people from diverse backgrounds—including refugees, migrants, natives, of various nationalities, races, and sexual orientations—can belong, shed stigmatized identities, and regain hope, purpose, and motivation for life. The initiative intended to empower participants toward social acceptance and long-term integration into the host society through sports, competition, and collective identity. The initiative has significantly improved social cohesion and wellbeing among participants, demonstrated by restored motivation, social bonds, and competitive spirit. The team became a community hub, supporting vulnerable people during emergency times by providing shelter for homeless members. It has increased the visibility of refugee and migrant communities through sport, promoting positive representation of participants as skilled, driven individuals with ambitions beyond their refugee status. The club successfully transformed internal conflicts through leadership intervention, building strong trust and cohesion, and has strengthened partnerships between grassroots organizations and beneficiaries.

Yoga & Sports with Refugees (YSR) initiative addresses the challenge of supporting refugees and displaced persons in Greece, especially in overcrowded refugee camps such as Moria on Lesbos, as well as urban centers like Athens and Ioannina. Some of the achievements are: daily engagement of approximately 400 participants with more than 20 types of sports activities, established safe spaces that reduce stress and social isolation, foster community cohesion, empowerment of refugees through leadership roles as trainers and community builders, increase in women's participation and support for LGBTQ+ inclusion, positive social integration outcomes, breaking ethnic and religious barriers, and encouraging intercultural communication and successful public events and fundraising campaigns raising awareness of refugee challenges.

Sources: [Arts Action Network Football Club](#) and [Yoga & Sports with Refugees](#)

7.3 Italy

Liberi Nantes is a grassroots sports association based in Rome that uses sport as a tool for social inclusion. The organization offers free and open-access sports activities, mainly football and athletics, to people who are often excluded from mainstream sports systems. Activities are organized in a non-competitive, inclusive, and safe environment, where participation is voluntary and adapted to participants' physical and psychological conditions. Coaches and volunteers adopt an informal, supportive, and respectful approach, emphasizing wellbeing rather than performance. The initiative proved effective primarily because it was able to create a safe, inclusive, and non-competitive sports environment that removed many of the barriers typically faced by vulnerable individuals, including Victims of Trafficking. The absence of participation fees and the informal structure of the activities significantly lowered economic and psychological entry barriers, encouraging participation even among those with limited prior experience in sport. Another key factor of success was the strong emphasis on relationships and trust-building. Coaches and volunteers played a central role not only as sports facilitators but also as reliable and respectful reference figures, capable of fostering a sense of belonging and emotional safety. Over time, this relational approach contributed to increased self-confidence and wellbeing among participants.

UISP – Unione Italiana Sport Per Tutti is a large Italian national sport and social association founded in 1948 that promotes the right to sport for all people, regardless of age, gender, origin, or ability. Its activities span grassroots sport, social inclusion, health promotion, cultural events, and education through sport, rooted in the principle that sport is a social right and a vehicle for wellbeing, cohesion, and equal citizenship. The success of this practice lies in its deeply rooted philosophy that sport is a right for all, not a privilege. UISP's extensive national network, spanning regional committees across Italy, enables consistent outreach and local adaptation of initiatives that meet diverse community needs. Its strong emphasis on cooperation with public institutions, NGOs, and civil society organizations has strengthened its capacity to reach groups who are often excluded from mainstream sport environments. By embedding social values—such as diversity, solidarity, and inclusion—into everyday sport activities and major community

events, UISP reinforces social cohesion and the empowerment of marginalized individuals.

Source: <https://www.liberinantes.org> and <https://www.uisp.it> UISP

7.4 Lithuania

Kicking Off Integration: Using Street Sports to Welcome Refugees is a Lithuanian-led initiative implemented by the NGO "Street sports for all". Noting that the phenomenon of migration is accelerating in the world, when people move from one place to another, for many reasons. Reasons such as war, persecution, economic reasons or simply seeking a better quality of life. This project promotes the direct involvement and integration of refugees and host communities in the EU, creating and organizing street sports activities in a network. The project is particularly relevant because the number of refugees is increasing in Europe, especially in Lithuania, and in recent years, due to the strict policy of the government, we have received more and more people arriving due to the emerging threat in their home countries.

The goal of the project remained to promote direct cooperation between refugees and local communities through sports activities, to reduce cultural and social barriers. The aim was to create an inclusive and safe environment where participants would feel part of the community, develop their social and leadership skills, teamwork and resilience. Strengthen cooperation between local communities and refugees and international networks. During the implementation period of the project, methodologies and examples of good practice were developed, which could be applied by other communities that seek long-term impact.

The project consisted of various activities aimed at promoting social inclusion through sports. Street sports classes took place twice a week, lasted about 60 minutes and were structured so that participants could learn sports skills, strengthen knowledge of

cooperation and teamwork. Sports classes were adapted taking into account participants of various ages and experience, they had the opportunity to participate in both team and individual classes. Coaches and sports specialists provided individual assistance, taught to solve problems creatively and encouraged the participants' motivation. In addition to such activities, the project also organized study visits to other countries, where there were project partners. There, participants gained experience in integrating refugees into local communities.

Source: [Kicking Off Integration: Using Street Sports to Welcome Refugees](#)

7.5 Portugal

Welcome Sports Club seeks to address the difficulty that migrants and refugees in Portugal face in accessing formal employment, due to barriers such as unemployment, lack of recognised qualifications, limited networks, stigma and social isolation. It also responded to the need for more engaging and effective pathways that combine employability support with tools that build confidence, social connection and transferable skills, using sport as a key mechanism to mobilise participants and facilitate engagement with employers. It is currently implemented in Portugal, particularly in municipalities hosting migrant and refugee populations. Beneficiaries are migrants and refugees aged 18–40, unemployed or seeking their first formal job.

Welcome Sports Club works because it follows a highly personalised, person-centred methodology supported by continuous guidance and culturally sensitive support. Individual vocational sessions, close follow-up and on-the-job mentoring help beneficiaries progress at their own pace and maintain motivation. Sport plays a central role here: by creating informal, trust-building environments, it increases engagement, reduces anxiety and allows participants to demonstrate transferable skills such as teamwork, communication and resilience. Another key factor is the strong and practical connection to the labour market. Through job tours, short workplace experiences,

inclusive team-building activities and direct contact with employers, companies get to know candidates beyond their CVs. This practical exposure helps reduce stigma, challenges misconceptions about migrant talent and leads to more inclusive recruitment practices. Continuous mentoring then supports retention by helping beneficiaries adapt to workplace routines and expectations. Finally, the programme succeeds because it is embedded in a coordinated multi-stakeholder ecosystem. Collaboration with AIMA, NGOs, municipalities, sports entities and a wide network of employers creates an integrated pathway from identification to job placement. The team's experience, flexibility and ability to adapt the model based on feedback and data ensure that the intervention remains grounded, responsive and effective.

Live the Sport, Embrace the Future, addresses the complex challenges faced by refugees upon arrival in Portugal, particularly the lack of social inclusion opportunities, limited access to structured sports activities, and the absence of pathways to pursue sport as a tool for well-being, community integration, and personal development. Many refugees experience social isolation, trauma, and restricted access to community networks; the programme responds by using sport as a vehicle for cohesion, empowerment, and participation. The initiative takes place in Portugal, operating nationally through reception centres, municipalities, sports clubs, and community organisations. It targets refugees arriving in Portugal, including individuals hosted by national reception institutions. Beneficiaries include children, young people and adults from diverse backgrounds who seek opportunities for inclusion, participation in sport, and, when relevant, the development of sports careers.

Since 2016, the initiative has generated significant social and organisational impact across the national reception system and sports ecosystem. More than 1,500 refugees have engaged in activities, gaining access to meaningful sports experiences that support their physical, mental, and social well-being. For many newly arrived individuals, these opportunities provided their first positive and structured experience in Portugal, helping reduce isolation and strengthen their sense of belonging. Around 65% of refugees arriving in the country have participated in community-based sports activities promoted through

the initiative. Many joined local clubs, took part in regular training sessions, or accessed introductory programmes through the equipment, guidance, and connections facilitated by the COP and its partners. The initiative also strengthened cross-sector collaboration, bringing together governmental bodies, NGOs, sports federations, local municipalities, and sponsors. This collaborative model has consolidated long-term partnerships and enhanced recognition of sport as a tool for refugee inclusion at both national and international levels.

7.6 Spain

Fútbol Más (Spain) is an international non-profit organisation, founded in Chile in 2007, which uses sport and play to strengthen the social, emotional and physical wellbeing of children and young people living in vulnerable conditions (Fútbol Más, 2024). The methodology is an adaptation of methodologies from Sports for Development (SfD) and treats sport not primarily as competition, but as a medium to develop resilience. Although the organisation does not work exclusively with victims of trafficking (VoTs), many young people they support have lived through violence, displacement, instability or loss of control. Their approach therefore offers an excellent model for coaches working with VoTs in sport programmes. According to the organisation's global report, Fútbol Más emphasises a safe, predictable and inclusive environment in which routines, clarity, and empowerment replace coercion and fear (Fútbol Más, 2024).

Fútbol Más sessions are based on predictability, emotional safety, and shared responsibility. Two trained professionals always lead a group together, allowing one to guide the activity while the other notices emotional signals or supports a participant who feels overwhelmed. This mirrors good practice for trauma-informed coaching, where having more than one adult present reduces pressure and enables quicker, calmer responses to stress reactions.

Sport2live is a Barcelona-based, non-profit organisation that uses structured sport programmes to support people in recovery from addiction, mental health difficulties, and social vulnerability (Sport2live, 2024). Although they do not work specifically with victims of trafficking (VoTs), their methodology is strongly relevant for this context because it is designed for people who may have lived through instability, trauma, and loss of control. Sport2live uses sport not only as physical activity, but as a gradual, predictable process that helps participants regain confidence, self-organisation, and social connection. Their Model follows an eight-step methodology.

Sport2live operates with a methodology that emphasises stable routines, inclusive participation, and attention to individual health and integration needs. Their programmes are designed so that participants can join safely and at a pace that supports their recovery and wellbeing. The structured, multi-professional design of Sport2live can be useful for programmes working with VoTs because it shows how support can be organised around the sport space without placing emotional processing directly inside the session. This type of structure, predictable routines on the field combined with discreet follow-up by specialised staff, offers one possible model for balancing safety and coordinated care.

Sources:

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7.7 EU

EU Physical Activity Guidelines

The EU Physical Activity Guidelines were published by the European Commission in 2008. They were developed by an expert group working under the EU Working Group on Sport and Health, which operates within the Directorate-General for Education, Youth, Sport and Culture (DG EAC). The Guidelines offer practical recommendations for how different sectors in the European Union, such as sport, health, education, and social services, can encourage people to be physically active in a safe, inclusive and sustainable way.

The purpose of the Guidelines is to support EU Member States in creating conditions that make regular physical activity easier and more accessible for the population. They emphasise that participation should be possible for people of different ages, backgrounds and levels of ability. The document also stresses the importance of clear communication, supportive environments and programmes that can be adapted to different needs.

The Guidelines highlight that physical activity is not only a matter of sport performance, but also contributes to physical health, emotional wellbeing and social connection. They encourage cooperation between organisations that work with groups who may face barriers to participation. This includes programmes that use sport in community settings, health settings or recovery contexts.

For coaches and practitioners working with VoTs, the EU Physical Activity Guidelines offer a wider European framework that supports inclusive practice. They underline the value of providing safe and predictable sport environments, offering different ways to take part, and reducing unnecessary pressure. Although the Guidelines are not specific to victims of trafficking, the general principles, such as accessibility, clarity, inclusion and cooperation between sectors, are relevant for designing sport sessions that are welcoming and adapted to participants with varied experiences.

Link: https://health.ec.europa.eu/publications/eu-physical-activity-guidelines_en

HealthyLifestyle4All Campaign

The HealthyLifestyle4All campaign is an initiative launched by the European Commission in 2021 to encourage healthier habits across all population groups in the European Union. The campaign aims to link sport, health, education and civil society by supporting actions that make it easier for people to adopt balanced diets, stay physically active and strengthen their wellbeing in everyday life.

HealthyLifestyle4All promotes three main ideas: making healthy lifestyles more visible, supporting access to physical activity for different groups, and strengthening cooperation between organisations that work on health and sport. The campaign emphasises that physical activity should be safe, inclusive and adapted to people's needs, and that communities, sports organisations, schools and local authorities can play a role in creating supportive environments.

For coaches and practitioners, HealthyLifestyle4All provides a general European policy background that highlights the importance of sport for health, prevention and social participation. Although the campaign is not aimed specifically at victims of trafficking, its principles, like accessible activities, cross-sector cooperation, and a focus on wellbeing, are relevant for programmes that use sport in recovery and reintegration contexts. Coaches can refer to this campaign to understand how their work fits into broader EU efforts to promote healthier and more active communities.

Link: <https://sport.ec.europa.eu/healthylifestyle4all>

8. Conclusion

In conclusion, the creation of a capacity building programme within RECOVERY is crucial for the reintegration of victims of trafficking through sport. Empowering sport professionals and coaches may require effort and resources; however, this capacity building programme aims to inform the various professionals and to lay the groundwork for trafficking victims to join and benefit from sport activities.

The recovery of beneficiaries starts with the people around them and by raising awareness and creating a lasting impact in the community, one can see the power of sport in building a safe community.

