



Here's what we've been up to!

Project updates and the publication of our first output

Welcome to the first newsletter of the Recover project. Recover brings together organisations from across Europe (Greece, Cyprus, Spain, Lithuania, Italy, Portugal) that work in the fields of anti-trafficking, social inclusion and sports, with a shared commitment to improving the well-being and long-term reintegration of survivors of trafficking. The project aims to build bridges between professionals supporting victims and the sports sector by developing practical tools, training opportunities and awareness-raising materials that promote safe, trauma-informed and empowering participation in sports activities.

Over the first year of the project, the partnership has made steady progress in advancing its mission to strengthen the recovery and reintegration of victims of trafficking through safe and inclusive sports participation. We are pleased to share the key developments from our work.





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Our first project output is now available: Needs Analysis Report

RECOVER has published its first major output, the Needs Analysis Report, which examines how sports can be effectively used to support the physical, emotional and social well-being of victims of trafficking. The report brings together evidence from all partner countries and outlines the needs of survivors, the capacity gaps among professionals and the opportunities for improving cooperation between the anti-trafficking and sports sectors.

Key insights from the report include:

- The strong potential of sports to build confidence, trust and social connection.
- The need for trauma-informed approaches and clear safeguarding practices in sports settings.
- Capacity gaps among both sports professionals and anti-trafficking services.
- Limited but promising existing collaboration between sectors, highlighting opportunities for structured cooperation.
- The need for greater public awareness of how sports can support recovery.

The full report is available [here](#).

What comes next: Work begins on the second output

The consortium is already working on the project's second output, which will translate the findings of the Needs Analysis into practical guidance for professionals.

This resource will include:

- A capacity-building framework for sports coaches, trainers and support professionals.
- Practical tools and recommendations for using sports in survivor-centred ways.
- Guidance on cross-sector cooperation and safe implementation.

The second output will be published on the RECOVER website in February 2026.

Stay Tuned for More Updates!

As the Recover project progresses, we'll keep you informed about our achievements, milestones, and future activities.