



Recover

D3.3 Implementation Progress



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RECOVER

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

D3.3 Implementation Progress

Lead Beneficiary	KMOP
Deliverable Version	V1
Due Date	30/6/2026
Delivery Date	29/6/2026
Dissemination Level	PU



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

Deliverable Name	D3.3 Implementation Progress
Due Date	30/6/2026
Delivery Date	29/6/2026
Type	R
Dissemination Level	PU
Main Author(s)	Nefeli Papagiannakou (KMOP)
Contributors	All partners
Document Reviewers	All partners

Version History

Version	Issue Date	Author(s)	Content and Changes
0.1	17/6/2026	Nefeli Papagiannakou (KMOP)	First Draft
0.2	25/6/2026	All partners	Review and Quality Assurance
1	29/6/2026	Nefeli Papagiannakou (KMOP)	Final Version

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Table of Abbreviations and Acronyms

Abbreviation	Meaning
CBP	Capacity Building Program
CSOs	Civil Society Organisation(s)
VoT(s)	Victims of Trafficking
WP	Work Package

Executive Summary

This deliverable reflects on the progress of the implementation framework of the RECOVER project. Within the first 18 months of the project's implementation, key milestones have been completed, while important outputs of the project have been designed and delivered. During this initial phase, the consortium focused on building a strong evidence base, developing the project's core resources and establishing the foundations for future implementation.

Key achievements include the completion of a comprehensive Needs Analysis involving 150 professionals across six countries, the development of the Capacity Building Programme, the E-Guide, the Awareness Raising Toolkit and the e-Hub, as well as the establishment of project management and communication & dissemination structures to support the project's visibility and impact.

Alongside the development of project outputs, RECOVER has implemented extensive communication and dissemination activities, reaching more than 20,000 users and engaging a growing network of stakeholders across Europe.

1. Introduction

This progress report presents the main achievements of the RECOVER project during its first 18 months of implementation (January 2025- June 2026).

During the first phase, the consortium has established the foundations for coordinated implementations, completed an in-depth needs analysis on the needs of sport coaches/trainers and define strategies and appropriate solutions to incorporate sports in the recovery and reintegration programs of Victims of Trafficking (VoTs). The needs analysis served as a key foundation for evidence-based capacity building activities as well as the development of tools that will support professionals and organisations in the next stages of the project. The work carried out so far confirms that sport can play an important role in the support of VoTs and especially to develop safe, inclusive and survivor-centered approaches.

This report highlights the **key activities implemented and outputs developed** to date, presenting the main achievements and lessons emerging from the project. It also outlines the next steps planned for the second phase of implementation, during which the developed resources will be piloted, validated and disseminated to wider stakeholder groups across Europe.

The report is structured around the project's main areas of activity and provides an overview of the progress achieved in relation to project management, research and needs analysis, capacity building, resource development, stakeholder collaboration and communication and dissemination activities.

2. About RECOVER

RECOVER is a 36-month European project that promotes the use of sport and physical activity as part of holistic support to VoTs. The project responds to the need for stronger cooperation between sport professionals, support services, Civil Society Organizations (CSOs) and anti-trafficking actors.

Main mission of RECOVER,

Is to empower survivors of trafficking to rebuild their lives through the transformative power of sports.

VoTs may face severe physical, psychological and social harm. Sport cannot replace specialized support, but it can complement reintegration pathways by helping people rebuild confidence, reconnect with themselves, create routines, develop trust and strengthen social inclusion.

RECOVER aims:

- ▶ Promote equal opportunities, social inclusion and positive values through sport.
- ▶ Foster cooperation across countries and sectors, especially between sport and anti-trafficking actors.
- ▶ Strengthen the capacity of grassroots sport organisations and professionals to support safe and inclusive participation.
- ▶ Develop practical tools, learning resources and awareness materials that can be used beyond the lifetime of the project.

RECOVER spans across different countries (Greece, Cyprus, Spain, Lithuania, Italy and Portugal) in Europe within the 36-month implementation.



Figure 1 - The RECOVER map

The project is organized in **7 Work Packages** unfolding a project that builds on evidence-based needs, through a bottom-up approach towards the development of audience-related capacity building program, awareness raising strategies and tools, an e-guide on practical strategies, and e-hub to enhance collaboration between RECOVER trainees, experts and CSOs.

3. Activities implemented so far

The first 18 months focused on building a solid implementation base, understanding the needs of key stakeholders, developing core learning and awareness tools, and preparing the project for wide outreach and piloting.

RECOVER project in a nutshell:



Figure 2 - The RECOVER Project in a nutshell

Deliverables					
Work Package No	Deliverable Related No	Deliverable Name	Lead Beneficiary	Due Date	Status
WP1	D1.1	Partners' Cooperation Meetings	KMOP	31 Dec 2027	Pending
WP2	D2.1	Project Output 1: Needs Analysis Report	SISH	31 May 2025	Approved
WP3	D3.1	Project Output 2: Capacity Building programme curriculum	CARET	31 Oct 2025	Approved
WP3	D3.2	Project Output 3: Digital version of the capacity building program	CARET	31 Dec 2027	Pending
WP3	D3.3	Implementation Progress	KMOP	30 Jun 2026	Delivered
WP4	D4.1	Project Output 4: E-guide	INCOMA	31 Dec 2025	Approved
WP5	D5.1	Project Output 5: Toolkit	L'ORMA	31 Dec 2027	Pending
WP6	D6.1	Project Output 6: e-hubs	KOPZI	31 Dec 2027	Pending
WP6	D6.2	Project Output 7: e-hubs sustainability plan	KOPZI	31 Dec 2027	Pending
WP7	D7.1	Communication Material	KMOP	30 Jun 2026	Delivered

Table of deliverables

3.1 WP1 - Project management and coordination

The consortium established the structured needed for transparent, coordinated and high-quality implementation. This included the **Project Work Plan**, describing coordination mechanisms, reporting processes as well as the **Quality Assurance and External Evaluation** procedures and arrangements. Specifically, the project has achieved:

- ▶ 6 Steering Committee meetings and 10 monthly meetings with the participation of all partners.
- ▶ Developed project management, coordination and monitoring tools.
- ▶ Designed and evaluated partners responsibilities agreed.
- ▶ Developed quality assurance and evaluation procedures both internally during the implementation of the activities as well as externally via external evaluation.

3.2 WP2 - Needs Analysis

During the first phase of RECOVER, partners conducted a comprehensive European needs analysis to better understand the opportunities, challenges and requirements for



integrating sport into recovery and reintegration programs for VoTs. The findings provided the foundation for the development of the project's training program, e-Guide, awareness toolkit and e-hub platform.

In this phase, we implemented both a literature and desk research of capacity building programmes, studies, guidebooks, toolkits as well as consultations with coaches, trainers, frontline workers, professionals working with VoTs in all the partner countries.

The needs analysis report can be found [here](#).

The tasks and timeline of the needs analysis:

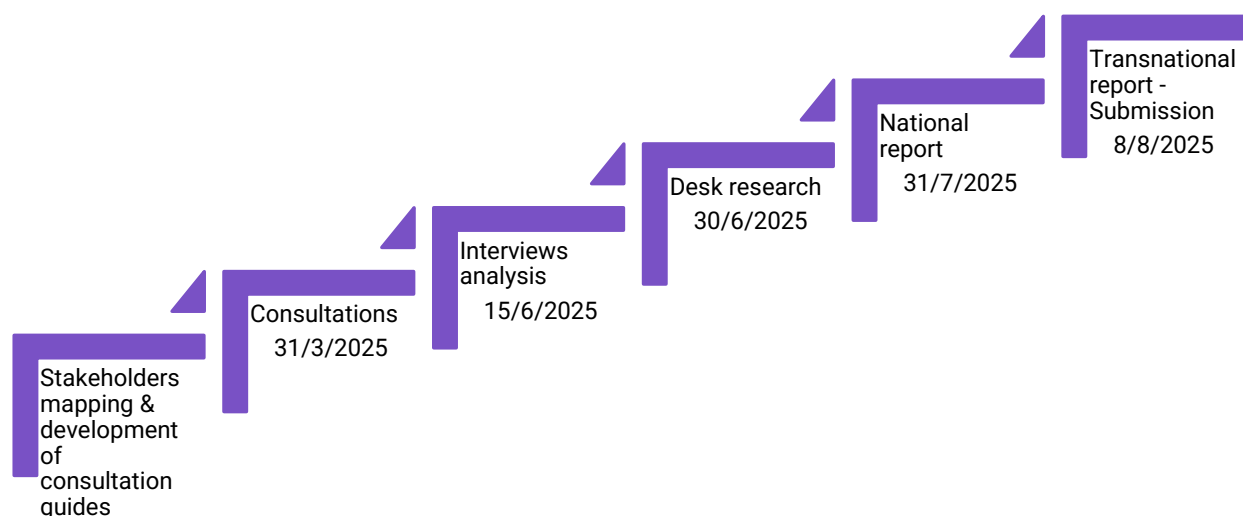


Figure 1 - Tasks and Research Timeline

The research at a Glance

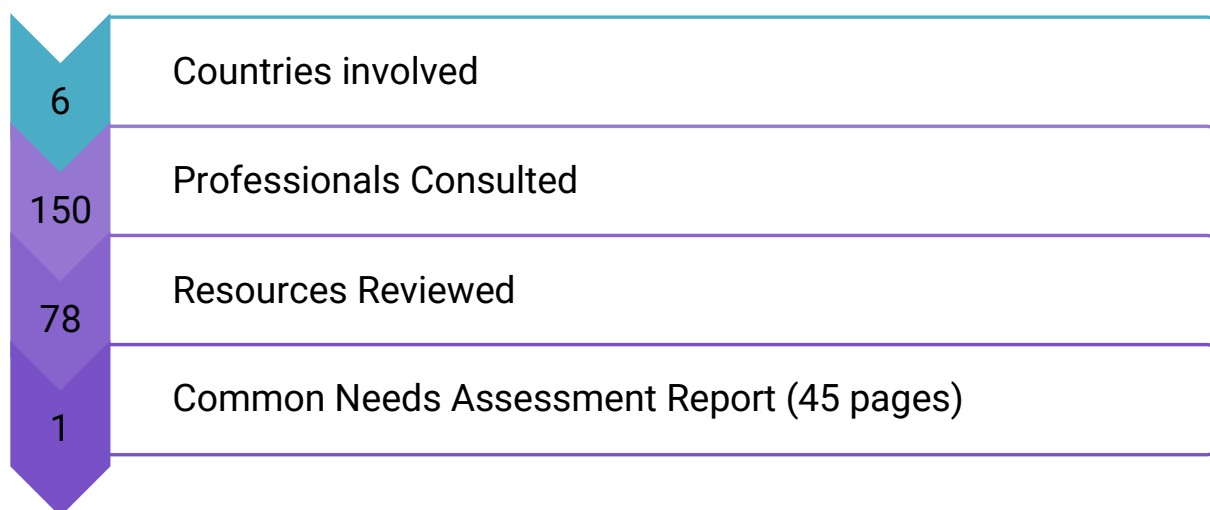


Figure 2 - Research graph

Key findings

► **Sport is recognized as a powerful recovery tool, however is underused**

Professionals consistently highlighted the positive role that sport can play in supporting recovery by improving mental wellbeing, rebuilding confidence, fostering social inclusion and helping survivors reconnect with their bodies. Despite these recognized benefits, the research revealed that sport remains *largely absent from existing anti-trafficking policies and support systems*. Dedicated programs are limited, guidance for practitioners is scarce, and the role of sport in recovery pathways is not yet fully acknowledged.

► **Significant barriers limit participation in sport**

The research identified a range of barriers that may prevent VoTs from engaging in sport and physical activity. *These barriers extend beyond practical challenges and include psychological, social, cultural and institutional factors.*

Many survivors face trauma-related difficulties such as anxiety, fear, emotional distress and reduced trust in others. Structural barriers, including unstable housing, limited financial resources and transportation difficulties, further restrict participation opportunities. Cultural considerations, language barriers and gender-related concerns can also influence engagement, particularly in mixed- gender or unfamiliar sporting environments.

► **Sport professionals require specialized capacity building and support**

Although coaches, trainers and sport organizations expressed strong interest in contributing to recovery and reintegration efforts, many reported feeling insufficiently prepared to work with VoTs. The research highlighted a need for greater understanding of trauma-informed approaches, safeguarding principles, cultural sensitivity and referral procedures.

Professionals stressed that training should not only increase knowledge but also provide practical tools and ongoing support to help them create safe, inclusive and empowering environments for participants.

► **Strong cross-sector collaboration is essential**

Another important finding was the limited cooperation of the sport sector and organizations supporting victims of trafficking. Existing collaborations are often informal, dependent on individual relationships and difficult to sustain over time.

Stakeholders highlighted the need for structured partnerships, clear referral pathways and regular communication between sport organizations, social services, healthcare providers, NGOs and public authorities. Experts expressed that sport can be most effective when embedded within a broader ecosystem of support that addresses the diverse needs of survivors.

► **Effective programs must be trauma-informed and survivor-centered**

The consultations underlined that programs should prioritize emotional safety, respect individual pace and preferences, and promote participation rather than performance. Participants emphasized the importance of creating supportive, non-competitive environments where trust, empowerment and social connection can develop gradually.

Building the foundations for other RECOVER outputs

Findings	RECOVER Output	Expected contribution
Sport as a reintegration and Recovery Tool	WP3 Capacity Building Program WP4 E-Guide	Equip professionals with the knowledge and practical tools needed to integrate sport into recovery and reintegration programs.
Barriers to participation in Sport	WP4 E-guide WP5 Awareness Raising Toolkit	Promote inclusive, accessible and trauma-informed approaches that address barriers and encourage participation.
Training Needs of Sport Professionals	WP3 Capacity Building Program	Strengthen the skills and competencies of coaches, trainers and frontline professionals to safely support survivors through sport.
Needs for Practical guidance and resources	WP4 E-Guide WP5 Awareness Raising Toolkit	Provide user-friendly resources, practical recommendations and examples of good practice that can be adapted across different contexts.
Weak Cross-Sector Collaboration	WP6 E-hubs	Foster sustainable cooperation, knowledge exchange and stronger connections between sport organisations, NGOs, social services and public authorities.

Need for Trauma-Informed and Survivor-Centred Approaches	WP3 Capacity Building Program WP4 E-Guide WP5 Awareness Raising Toolkit WP6 E-hub	Ensure that RECOVER delivers a holistic, safe and sustainable model for sport professionals to develop skills and networks.
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3.3 WP3 - Collaborative Capacity Building Program



A Capacity Building curriculum was developed to support sport professionals and professionals working in the field of trafficking to better understand the value of sport, create safer environments and cooperate across sectors. The CBP was built according to the findings and needs analysis of the previous project stages. The CBP represents one of the project's main outputs, translating the evidence gathered during the research phase into a structured learning pathway that supports professionals across Europe.

A comprehensive program has been developed for a diverse audience, including sport professionals, coaches, social workers, psychologists and NGO practitioners. The curriculum follows an evidence-based educational methodology, ensuring consistency between learning objectives, teaching methods and assessment approaches.

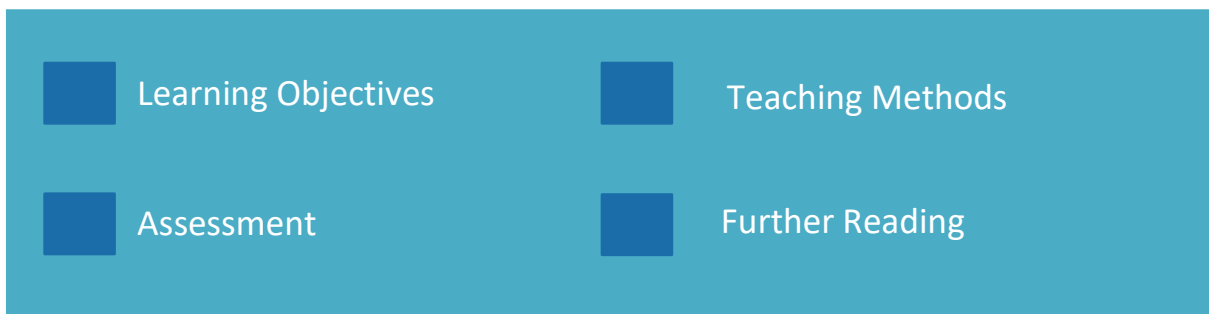


Figure 3 - Common Module Structure

The Capacity Building Program can be found online here

<https://www.recover-project.eu/capacity-building-programme/>

The Capacity Building Program at a glance

Achievements so far	Progress
Capacity Building Curriculum	Completed
Training Modules Developed	6 modules completed
Digital training program creation (first Version)	Completed
Piloting Methodology and guidelines	Completed
Stakeholder Mapping for training Delivery	First phase completed/ ongoing
National Piloting Activities	Ongoing

Training Modules Developed

The Capacity Building Program consists of six thematic modules:

- ▶ Understanding the value of sport for recovery and reintegration.
- ▶ Identifying and responding to the specific needs of victims of trafficking.
- ▶ Ethical considerations and relevant legal frameworks.
- ▶ Creating safe and inclusive coaching environments.
- ▶ Coaching instruction strategies that encourage participation and empowerment.

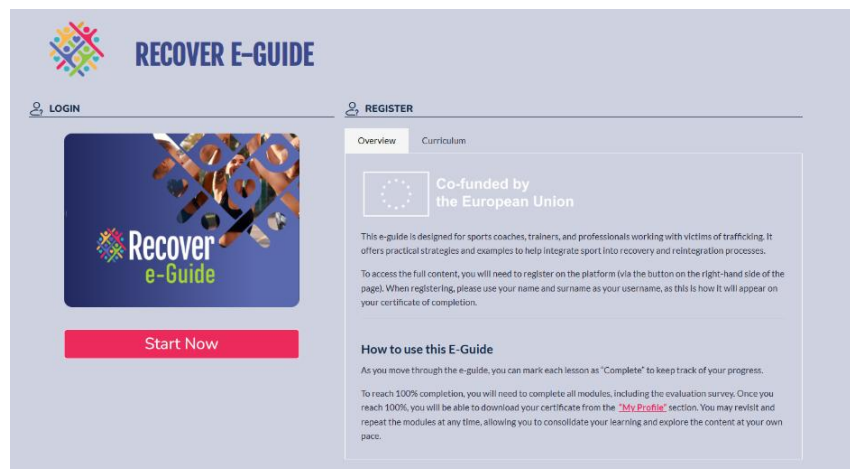
- ▶ Strengthening collaboration among professionals and support services.

Looking Ahead

The next phase of WP3 focuses on piloting and validating the Capacity Building Program across all partner countries. The consortium **aims to train at least 420 professionals across Europe**, including coaches, trainers and practitioners working in both the sport and anti-trafficking sectors. Feedback gathered during the piloting phase will be used to further refine and strengthen the program before its finalization.

3.4 WP4 - E-guide

WP4 focused on developing a practical and accessible E-Guide for sports coaches, trainers and professionals supporting victims of trafficking (VoTs). The objective of this task is to provide a user-friendly digital resource.



The E-Guide was developed as an interactive digital learning resource, ensuring that users can access practical information, examples, and recommendations in a flexible and engaging

format. To engage, the resource incorporates interactive and gamified elements that encourage active participation throughout the learning process.



The E-Guide is translated in **Greek, Portuguese, Spanish, Lithuanian and Italian.**

Direct access to the E-Guide can be granted here:

<https://training.incoma.net/courses/recover/>

The E-Guide at a glance

Achievements so far	Progress
Collection and structure of evidence-based methodology	Completed
Designing the modules	Completed
Gamification and User Engagement	Completed
Review and Quality Assurance	Completed
Digitalization	Completed
Translations into national languages	Completed
Dissemination of the E-Guide and further engagement	Ongoing

Key Features of the RECOVER E-Guide

The E-Guide was designed to support professionals in applying sport-based approaches within recovery and reintegration programmes. Key features include:

- ▶ The importance of sport in the recovery process,
- ▶ Understanding VoTs Needs,
- ▶ Ethical and safety principles,
- ▶ Trauma-informed sport practices,
- ▶ Designing inclusive and effective sport Activities,

- Self-care & Professional well-being.

These features ensure that the E-Guide serves not only as an information resource but also as a practical tool that can support long-term professional development and implementation. Trainees in the Capacity Building Activities will have the opportunity to engage with these materials as well as to further disseminate them with colleagues and other stakeholders.

3.5 WP5 – Awareness raising toolkit

WP5 focuses on increasing awareness of the role that sport could play in supporting the recovery and reintegration of VoTs. Building on previous stages of the project, we aim to provide organizations with accessible communication resources that can support awareness raising, stakeholder engagement and a wide community outreach.



The Awareness Raising Toolkit has been designed to help the target audience to communicate more effectively about trafficking in Human Beings, recovery and the positive contribution of sport to social inclusion and empowerment.

At this stage, the consortium has completed the design of the toolkit structure, developed its thematic modules and aligned all content with the findings of the Needs Analysis and Capacity Building Activities Planning.

The toolkit structure

The Awareness Raising Toolkit combines practical information with ready-to-use communication resources, allowing organisations to adapt materials to their local contexts and target audience. Specifically,

Module 1	Why Sport is a powerful tool for recovery and reintegration
Module 2	Communicating the specific needs of VoTs
Module 3	Ethics of Communication
Module 4	Creating Welcoming and Inclusive Sport Environments
Module 5	Communication strategies to promote participation in sport activities
Module 6	Stakeholder Collaboration and sport-anti-trafficking Partnerships

Practical Resources Developed

A key strength of the Toolkit is its focus on practical implementation. Each module includes ready-to-use resources that organisations can adapt to their local context.

Examples of resources developed include:

- ▶ Factsheets for sport organisations and victim support services,
- ▶ Social media templates and communication messages,
- ▶ Awareness-raising posters and infographics,
- ▶ Ethical communication checklists,
- ▶ Referral pathway templates,
- ▶ Stakeholder collaboration tools,
- ▶ Local campaign planning guidance,
- ▶ Communication materials promoting inclusive participation in sport,
- ▶ Examples of good practices collected from partner countries.

Looking ahead

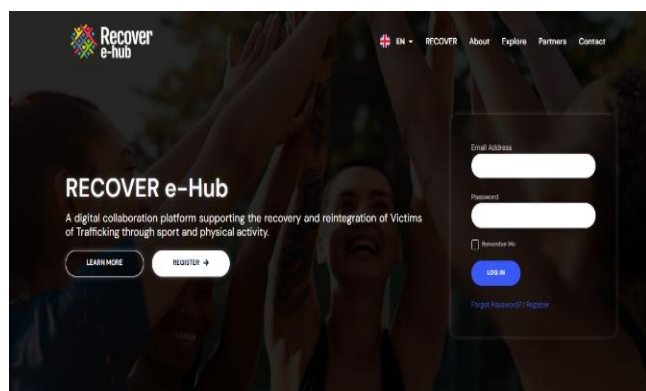
The next phase of WP5 will focus on finalising translations, graphic design and formatting, followed by piloting and large-scale dissemination activities. The Toolkit will be promoted alongside the RECOVER E-Guide and Capacity Building Programme, ensuring that stakeholders have access to a coherent package of resources that support awareness raising, professional development and practical implementation.

3.6 WP6 - E-hub

The E-hub is developed as a platform that will strengthen the cooperation between sport organizations, civil society actors, anti-trafficking organisations and other relevant stakeholders involved in the recovery and re-integration of VoTs. The E-hub is designed as an online community where professionals exchange experiences, share resources and explore opportunities for cooperation. Through these collaborative spaces, the project seeks to promote the integration of sport and physical activity within recovery and reintegration programmes, while fostering a stronger multidisciplinary approach to support VoTs.

At this stage of the project, the consortium has completed the preparatory work required and is implementing testing of the platform.

The E-hub can be found here: <http://ehub.recover-project.eu/>

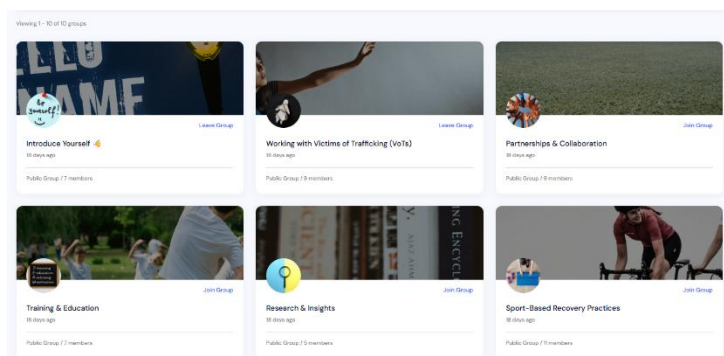


Through a simple registration process, users can access the RECOVER e-Hub and engage in **thematic communities** and **discussions**. The platform is designed as a collaborative space where professionals, practitioners and stakeholders can exchange knowledge, share experiences and explore good practices. In addition, members will have

access to project updates, resources, networking opportunities and continuous learning materials that support the integration of sport into recovery and reintegration pathways for victims of trafficking.

The platform at the moment includes:

- ▶ Introductions and networking,
- ▶ Knowledge exchange among professionals,
- ▶ Thematically oriented topics,
- ▶ Community discussions,
- ▶ Sharing resources,
- ▶ Q&As



At this stage, a stakeholder mapping exercise was carried out across all partner countries in order to identify relevant organisations and professionals that could contribute to the e-hubs. To date, 326 stakeholders have been identified and included in a centralized database who could support the wide dissemination of the e-hub as well as provide feedback and elaborate on the project's findings and outcomes.

Factsheets regarding the E-hub platform are created and translated, to further support the dissemination of the e-Hub, explain the objectives and the importance of participation.

The E-hub at a glance

Achievements so far	Progress
Stakeholders mapping	Ongoing
E-hub factsheet	Completed
E-hub platform development	Completed / ongoing updates
Internal platform testing	Completed
Stakeholders' invitations	Preparation phase

The E-hub will significantly contribute to the sustainability of RECOVER by establishing a collaboration network that continues beyond the project's lifetime. Through the e-Hub, stakeholders will be able to maintain connections, access important learning resources and strengthen the cross- sector and cross-national collaboration in supporting Victims of Trafficking across Europe.

3.7 WP7 – Communication and Dissemination

WP7 ensures the visibility, dissemination and long-term exploitation of RECOVER results at local, national and European level. The WP aims to raise awareness about the role of sports in supporting the recovery and reintegration of VoTs, while promoting project activities, outputs and achievements among relevant stakeholders and wider audience.

Communication and Dissemination at a Glance

Achievements so far	KPI reached	Progress
Project identity & Communication Materials produced [package]	1	Completed / Ad-hoc
C&D activities implemented overall	41	Ongoing
Press Releases published	3	Ongoing
Newsletters published	1	Ongoing
Project Website	1	Completed/ Constantly updating
People Reached through C&D activities	>20000	Ongoing

Online Dissemination Actions internally recorded	>50	Ongoing
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A dedicated deliverable, ***D7.1 Communication Materials***, is submitted alongside this progress report and provides detailed information on the project’s communication tools, dissemination activities, branding materials and outreach strategy. Together these resources establish a strong foundation for the continued promotion and exploitation of RECOVER results throughout the second phase of the project.

Looking ahead

During the next implementation period, communication efforts will focus on promoting the newly developed project outputs, supporting stakeholder recruitment for training activities, increasing engagement through social media campaigns and disseminating the outcomes of the activities (Capacity Building Program, E-guide, Awareness Raising Toolkit and the e-Hubs).

4. Closing remarks and future planning

This first implementation period of RECOVER, focused on establishing the foundations necessary for the successful development, testing and long-term sustainability of the project. During the first 18 months, the consortium concentrated on understanding the needs of key stakeholders, generating evidence on the role of sport in the recovery and reintegration of VoTs, developing practical tools and learning resources and opportunities, building networks and creating communication structures that will maximise the project impact.

The next implementation period will focus on piloting, validation, and wider stakeholder engagement. Capacity Building Activities will be implemented across all partner countries, enabling sport professionals, coaches, trainers and practitioners to test the RECOVER methodology and provide valuable feedback for its further improvement. The

consortium is currently working on developing a wide range strategy for communicating the project's outputs and encourage participation and engagement.



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