



SPORTME

MENTORING



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MENTORING

**“ Promoting Social
Mentoring strategies
in the field of sport ”**

AGREEMENT NUMBER 622934-EPP-1-2020-1-ES-SPO-SSCP



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The **SPORTME PROJECT** aims to share methodologies for the social inclusion of young people using mentoring in the field of sport.

Sport helps young people:

- Reinforce many of emotional skills (self-esteem, spirit of improvement, to manage frustration).
- Strengthening other cross-cutting skills such as teamwork, organization, ...
- Brings them closer to the community and promote networking.

Clubs and sports organizations need:

- To better reach groups at risk of social exclusion, in order to respond to the problems of the society around them.
- Capacity building on developing inclusive processes within their sport activities.



Project duration is 24 months - Start date: 1/1/2021. End date: 31/12/2022



- Guidelines on social mentoring processes in the field of sports.
- Short videos addressing international social inclusion experiences using mentoring in the field of sports in each partner country with contributions and assessments from their participants.



Young people from disadvantaged backgrounds and Sport organizations willing to implement inclusive initiatives through mentoring



The project objectives are the following:

- Generate social inclusion in sport through mentoring & volunteering processes.
- Develop healthy habits, competences & knowledge of emotional management in young people from 16 to 24 years old coming from disadvantaged environments through the practice of sport.
- Give support sport clubs & organizations in the design of inclusive & social cohesion processes.
- Establish social responsibility in sport environments by creating a network of partners that develop strategies to guarantee access to sport for all.



- **Phase 1.** Preparatory phase that aims to extract & analyze the modus operandi, similarities & good practices that are being carried out in the different countries in the fields of mentoring, sport and inclusion.
- **Phase 2** aims to develop a Guidelines on social mentoring processes in the field of sports & how mentors & mentees can develop competencies using sport to promote inclusion.
- **Phase 3** focuses on developing a training capsule aimed to train persons in the field of sports to be mentors.
- **Phase 4** will consist on a Pilot Testing to evaluate if the processes proposed are relevant for potential users.
- **Phase 5** focuses on developing short videos to rise awareness on international social inclusion experiences.