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Joy in Sports - HOW ? WHAT? WHY?

The Erasmus+ Sports project “Joy in Sports” promotes inclusion, enthusiasm, and joy in sports across Europe. **We believe this project is important** because sport should be a positive and inspiring experience for every child. Too often, young athletes lose motivation, feel pressure instead of enjoyment, and eventually stop participating in sports. Joy in Sports aims to change this by strengthening the connection between sports organisations, clubs, coaches, athletes, children, and parents.

[HOW does Joy work in training?](#)

[WHAT is Joy in Sports?](#)

[WHY so many kids stop enjoying sports?](#)

Follow us on Instagram to find activities you can try with your team! You can also explore more tools on our website soon!

[Instagram](#); [Facebook](#)

Meeting in Portugal in March and upcoming events

The project partners met in **Alcobaça, Portugal, on March 11th-12th 2026**, for a meeting hosted by [Cister Sport](#) de Alcobaça. The discussions focused on reviewing and consolidating project results, as well as finalising the **WP4 Education Pack 2.0**. These two intensive days were highly productive, yielding valuable insights and marking significant progress towards our final goal – the Education Pack 2.0!

Next, the partners will organize **multiplier events** to present and discuss project outcomes with invited stakeholders (sports club representatives, local government representatives, coaches, managers, etc.). Each partner country will **host its own event** to ensure that **local grassroots communities** are effectively reached.

Take a look [Instagram](#) and [website](#)

What We’ve Done and What’s Next?



JOY in Sport WP 3 Pilot Phase Successfully Completed

The project's pilot activities were successfully implemented across five partner countries: **Poland, Finland, Portugal, Estonia and Türkiye**. In total, the pilot phase reached **519 children and young players across Europe**, organised in close collaboration with local sports clubs and training groups. The sessions covered a wide range of disciplines—including football, basketball, handball, ice hockey, rugby, volleyball, karate, and dance. These activities involved children from various age groups and were delivered by dedicated coaches working across different youth sports environments. [Read more about WP 3 report](#)



Coaches Educational pack 2.0 activities are ongoing

WP4 Coaches' Education Pack 2.0 will be ready at the end of June and will be available in 6 languages (English, Estonian, Finnish, Polish, Portuguese, and Turkish).

TUAS and partners will design electronic portfolio structures to guide coaches in recording their interventions. This will serve their reflective practice and help them find support for incidents that put them at risk of burnout, aiding in its mitigation, incidents that put them at risk of burnout, aiding in its mitigation.

Stay up to date with new exercises and check out the [Instagram](#) and [Facebook](#) posts.



Summary

The "Joy in Sports" project is advancing steadily, with important milestones already achieved. Project deliverables have been published in English and are openly accessible, ensuring wide visibility and transparency. All public outputs and results are available on our official [website](#). We also invite you to visit our [blog](#), where you can share your opinions and suggestions with us.

Last project deliverable is "**White paper**". Policy recommendations for governments and policy makers describing:

- the need for an approach that decreases



Partners

Project's leading partner: [INNOCAMP PL](#)

Partners:

[Turun ammattikorkeakoulu](#);

[Cister Sport de Alcobaça](#);

[Yalova Ortopedikler Spor Kulübü](#)

[Turun Toverit RY](#)

[Spordikoolituse ja -Teabe SA](#)

Associated Partners:

[Akademia Wychowania Fizycznego I](#)

[Sportu Im Jed PI](#)

[Lounais-suomen Liikunta Ja Urheilun Ry.](#)

[Suomen Olympiakomitea Ry.](#)

[Türkiye Bedensel Engelliler Spor](#)

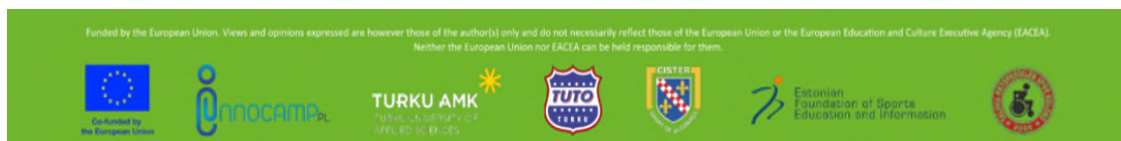
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discrimination and increases the sense of [Yalova University](https://joyinsportscom.sendsmaily.net/template/preview).
Joy children have in sports;
– advising how this approach can be implemented.



Project: ERASMUS + Sport - 2023 EU-s: 101134472/JOY - 21/08/2023

Duration 36 month (January 2024-December 2026)t



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