



The SISTERS project has launched the “Sports Bag” to promote inclusion in sport. The tool is now publicly available on the project’s website for consultation.

In recent months, the **SISTERS** project consortium has been working on the development of the “**Sports Bag**”, a set of practical tools designed to promote more inclusive environments in sport for women and the **LGBTQIA+** community. This resource is now publicly available on the [project’s website](#) and can be accessed free of charge by anyone interested, including athletes, coaches, sports managers, and citizens committed to equality.

The “**Sports Bag**” brings together a comprehensive range of training materials, including exercises, learning activities, videos, quizzes, self-assessment tools, and recommended readings. The content covers essential topics such as key concepts related to gender, equality, and inclusion, the relationship between sport and intersectionality, strategies to promote inclusive practices, as well as the identification and deconstruction of discrimination and gender stereotypes. It also includes inspiring examples and good practices applicable to sports organisations and communities. All theoretical content is accompanied by practical activities developed through non-formal education methodologies, ensuring an accessible and engaging learning experience.

In the next phase, the “**Sports Bag**” will be tested through a series of training activities to be carried out in the partner countries: Italy, Portugal, Bulgaria, Cyprus, Greece, and Bosnia and Herzegovina. These initiatives will involve around **240 athletes** and **120 coaches** and sports managers, who will have the opportunity to explore the materials, test the activities, and actively contribute to promoting more inclusive environments in sport across Europe.



CSI (Cyprus) and CESIE ETS (Italy) prepared and implemented SISTERS training to promote inclusion in sport

The Cypriot organisation **Center for Social Innovation** (CSI) has been recruiting athletes, coaches, and other professionals from the sports sector as part of the preparation of the **SISTERS** training programme. This initiative aims to promote more inclusive environments in sport, with a particular focus on supporting women and the **LGBTQIA+** community. Through this training, participants gain skills to promote equality while also being equipped with tools that value diversity and combat discrimination in sport. In Italy, **CESIE ETS** organised 2 half-day training sessions on 23 and 30 April with 40 students from the Department of Sports Science at the University of Palermo.



Sports capacity building: Champions Factory successfully completes training activities with positive results

Champions Factory successfully implemented two training activities aimed at coaches, managers, and technical staff, within the framework of Work Package 3 – T3.3 (Deployment of the Training), reaching more than **20 participants from the target group**.

The overall evaluation of the sessions was extremely positive, with most participants rating key aspects such as organisation, content, materials, and interaction at the highest level.

The qualitative feedback further reinforces the perceived **usefulness and relevance of the training**, highlighting its accessibility and practical applicability.

Many participants also reported **increased motivation** and expressed a clear intention to integrate the knowledge acquired into their professional activities, contributing to more inclusive practices in sport and to the continuous improvement of their organisations.

240 Expected number of athletes to participate in the “Sports Bag” initiatives

Champions Factory & CESIE ETS: SISTERS training session promotes inclusion in sport

In Bulgaria, Champions Factory delivered an athlete-focused training session under T3.3 – **Deployment of the Training** of the **SISTERS** project. The session took place on 26 February 2026, bringing together **22 participants** for an intensive one-day workshop. The initiative combined theoretical content with practical activities, providing a dynamic and participatory approach. Throughout the training, athletes had the opportunity to deepen their knowledge of inclusion and safety in sport, reflecting on their role in **promoting more equitable environments**. Through the sharing of experiences and the development of specific skills, there was a significant increase in participants' awareness and commitment to creating more inclusive practices both on and off the field.

In Italy, the **40 students from the Department of Sports Science at the University of Palermo**, that are also athletes and future sport coaches, took part in the Sports Bag training course focused on sports, inclusion, gender equality and LGBTQIA+ inclusion. Through interactive discussions, videos, real-life case studies and practical exercises, during the first session participants explored key concepts such as gender identity, sex assigned at birth, sexual orientation and SOGIESC terminology. The sessions also encouraged critical reflection on stereotypes in sports, particularly those linked to gender expectations, body image and athletic performance, and how these can contribute to exclusion and discrimination against LGBTQIA+ people in sports environments.

The second session focused on identifying different forms of violence and discrimination in sports, analysing concrete cases and discussing practical strategies to create safer and more inclusive spaces. Participants also worked on a "decatalogue" of good practices to counteract discrimination and promote respect, inclusion and equal opportunities in sports settings.



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