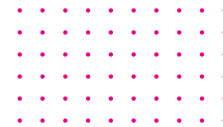


NEWSLETTER

N. 1 - September 2025



“Mentor on The Move: Sports-Based Mentoring Across Borders” Project

Welcome to our 1st Newsletter!

We are thrilled to inaugurate this communication space to keep you updated on the progress of the European Project Mentor on The Move (MOTM), the latest news and valuable resources developed within this project. We hope you enjoy reading it and that this Newsletter becomes a source of information and inspiration for social inclusion.

Thank you for being part of the MOTM community!

HIGHLIGHTS

1. Introduction
2. Kick off meeting
3. Project website launch
4. Research results
5. The Consortium



1.INTRODUCTION

The “Mentor on The Move” project is financed by Erasmus+ programme and it is aimed at locally making physical exercise and sports more accessible and welcoming to migrant women, and other vulnerable groups through capacity building for organisations and professionals working in the field of sports, migration, or inclusion work. The project will create and test a standardized framework programme for sport-based mentoring, focusing on the promotion of personal development and self-agency of migrant women and other people who are at a risk of exclusion in the society due to poor socio-economic factors such as unemployment, low education, deteriorating health, lack of social networks or lack of language skills.

The project will be implemented in 6 EU countries (Finland, United Kingdom, Romania, Belgium, Spain and Greece) by 7 experience partners in the project field during 36 months, starting from the 1st November 2024.

2. KICK OFF MEETING

The kick-off meeting of the MOTM project was successfully held in Finland on 20th and 21st January 2025. Partners from 7 EU organisations coming from Finland, United Kingdom, Romania, Belgium, Spain and Greece, were gathered to establish a common vision and understanding on the project development, as well as to discuss about the upcoming project activities and milestones to achieve. In addition, the consortium of partners agreed on certain key roles and responsibilities and decided on the focus of the MOTM project and the next deadlines to be met.

The Leading partner, Monaliiku, clarified all the aspects of the project management and contributed in answering all queries in relation to the project implementation. As well, short-term milestones to achieve by the partners were introduced: “Research and Needs Mapping” phase was presented by WP2 leader, MIF, and “Project Dissemination” by WP5 leader, Plan International España. The next meeting is foreseen to take place in Romania (Suceava) between November 2025 and January 2026.



3. PROJECT WEBSITE LAUNCH

After several weeks of development, the consortium is pleased to present the website of the MOTM project: <https://www.monaliiku.fi/mentoronthemove/>. This website has been designed for all the beneficiaries of the project, as well as all the partners, in order to facilitate the social inclusion of migrant women and other vulnerable groups in Europe. At the moment, anyone can access the website to find information on the Mentor on The Move activities, resources, news, contacts, videos, but also to see the profile of partners and get up to date regarding the news of the project. Please feel free to send us anything you want us to know through the Contact form of the website!

We really hope you enjoy this new way of communicating with us and learn about the MTOM project! So, visit the project website at <https://www.monaliiku.fi/mentoronthemove/>.



4. RESEARCH RESULTS

In spring 2025, the Mentor on the Move project conducted a literature review and two questionnaires to better understand and address the needs and challenges faced by migrant women in the context of sport. The first questionnaire was designed for women with a migration background and the second was directed at service providers operating in the field of sports. Questionnaires were disseminated in the partner countries, and received the aimed number of responses. Based on the literature review and questionnaires, recommendations have been made for the development of the project's outputs, such as online training and piloting mentoring program. The full list of recommendations is available in the document, while four key outcomes are highlighted here:

- 1) **Creating a safe space physically and mentally** for all participants
- 2) Organising **grass-root activities** with low threshold and flexibility
- 3) **Including migrant women and communities** as trainers and designing activities
- 4) **Enhancing collaboration** in local, regional and national levels.

The final document will be published by the end of 2025 while the summary of the findings is available from the project website at <https://www.monaliiku.fi/mentoronthemove/>.

5. THE CONSORTIUM



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