Deliverable Title	**MSE booklet**
Deliverable number	**D9**
Deliverable Lead:	BSDA
Related Work Package:	WP5
Author(s):	BSDA
Dissemination Level:	Public
Due Submission Date:	31/7/25
Extension:	01/10/25
Actual Submission:	07/7/25
Project Number	101134299
Status	Version 1.0 (07/07/2025)
Start Date of Project:	01/11/23
Duration:	24 months
Abstract	Booklet will be made in electronic form, available on project platform, project social media pages. It will be available on English and languages of all partner countries, it will be approximately 5 pages long.
Status changes history	Version 1.0 (07/7/2025) – First release

Co-funded by the European Union (101134299 - T4F). The opinions and views expressed are those of the author(s) alone and do not necessarily reflect the position of the European Union or the European Commission. Neither the European Union nor the funding body can be held responsible for them.

Train4Family

Multiplier Sport Events

Booklet

Promoting family-inclusive sports and active lifestyles for children with disabilities



Co-funded by the European Union (101134299 - T4F). The opinions and views expressed are those of the author(s) alone and do not necessarily reflect the position of the European Union or the European Commission. Neither the European Union nor the funding body can be held responsible for them.

1. Introduction

What are Multiplier Sport Events (MSEs)?

Multiplier Sport Events (MSEs) are designed as key dissemination activities within the Train4Family project, aimed at **raising awareness and promoting the benefits of inclusive sports for families and children with disabilities**. These events serve as **platforms to present and demonstrate the project's key deliverables**, engaging stakeholders and the wider public in discussions and practical experiences related to family-centered physical activity.

Objective of the Events

The primary goal of the MSEs is to **highlight the importance of inclusive sports activities that foster family engagement**, particularly for children with disabilities. These events are structured to:

- Promote the Train4Family methodology, showcasing how adapted sports can enhance inclusivity and social participation.
- Encourage physical activity among children with disabilities by presenting accessible and engaging sports practices tailored to their needs.
- Involve families in sports activities, reinforcing the importance of a supportive environment for children to develop motor skills, confidence, and social connections.
- Disseminate project results and educational materials to sports professionals, educators, and policymakers, ensuring long-term implementation of inclusive physical education strategies.
- Raise public awareness about barriers to sports participation for children with disabilities and strategies to overcome them.
- Encourage local and national sports organizations to adopt inclusive practices, making sports events and facilities more accessible for all.

Target Audience

Multiplier Sport Events are **open to a diverse range of stakeholders** who play a key role in shaping inclusive sports policies and practices, including:

- Sports stakeholders and professionals (coaches, trainers, club managers, federations) who will implement inclusive sports activities.
- Policy and decision-makers in the fields of sports, education, and health who can influence policy adaptations for greater accessibility.
- NGOs and civil society organizations advocating for disability rights and social inclusion through sports.
- Educational institutions that can integrate inclusive sports practices into school curricula.

Co-funded by the European Union (101134299 - T4F). The opinions and views expressed are those of the author(s) alone and do not necessarily reflect the position of the European Union or the European Commission. Neither the European Union nor the funding body can be held responsible for them.

- Public authorities responsible for implementing sports policies at the local and national levels.
- Families of children with disabilities, who are central to the project's approach in promoting family involvement in sports.
- The general public, including individuals interested in volunteering or supporting inclusive sports initiatives.

By bringing together key actors from the sports, education, and social inclusion sectors, MSEs ensure that Train4Family's methodology and resources reach a broad audience, encouraging the sustainable implementation of family-inclusive sports practices.

2. Project Deliverables & Visibility

The Train4Family project focuses on developing innovative tools and methodologies to promote family-inclusive sports activities, particularly for children with disabilities. During the Multiplier Sport Events (MSEs), the key project deliverables are presented to stakeholders, ensuring that they reach a broad audience and have a lasting impact.

Main Deliverables Presented During MSEs

The Multiplier Sport Events serve as platforms for showcasing the Train4Family project's key outputs, which aim to enhance knowledge and improve the implementation of inclusive physical activity programs. These deliverables include:

1. **eLearning Platform & Instructional Manual**

- A digital training resource designed for sports professionals, educators, and families to learn about the principles of inclusive physical activity.
- Provides theoretical knowledge, practical exercises, and best practices for integrating family members into adapted sports activities for children with disabilities.
- Accessible in multiple languages for wider dissemination across partner countries.

2. **Demonstration Videos & Learning Materials**

- A series of educational videos that offer step-by-step guidance on organizing inclusive sports sessions for children with disabilities and their families.
- Includes real-life case studies and practical exercises demonstrating effective coaching techniques and adaptive sports strategies.
- Helps trainers and families understand and implement sports activities in an engaging and accessible manner.

Co-funded by the European Union (101134299 - T4F). The opinions and views expressed are those of the author(s) alone and do not necessarily reflect the position of the European Union or the European Commission. Neither the European Union nor the funding body can be held responsible for them.

3. **Methodological Tools for Family-Inclusive Sports**

- A structured guidebook offering practical recommendations on how to design and implement sports programs that encourage the active participation of children with disabilities alongside their families.
- Includes adapted exercises, lesson plans, and inclusive coaching methodologies.
- Designed for use by sports clubs, schools, community centers, and NGOs working with children and families.

3. Overview of National Events

The Multiplier Sport Events (MSEs) are a crucial part of the Train4Family project, allowing each partner country to showcase and implement the project's methodologies in real-world settings. These national events serve as a bridge between the project's research and training outputs and their practical application in communities.

Each partner country will host an MSE tailored to its local sports culture and target audience, ensuring that the event aligns with the Train4Family objectives of promoting family-inclusive sports activities and increasing the engagement of children with disabilities in sports.

Structure of the National MSEs

Each Multiplier Sport Event should include a combination of theoretical and practical activities, structured as follows:
Date & Location: Each partner country selected a suitable venue that was accessible for families, children with disabilities, and sports professionals.

Key Focus Areas:

- Presentation of the Train4Family project objectives and main outcomes (project promotional video can be used).
- Demonstration of inclusive sports activities designed to involve both children with disabilities and their families.
- Training for coaches, physical education teachers, and sports stakeholders on how to implement inclusive PE programs.

Participation and Stakeholder Engagement:

- Each national event involved at least **30 participants**, including:
  - Sports coaches, trainers, and club representatives**.**
  - Families and children with disabilities**.**
  - Policymakers, educators, and representatives from local authorities**.**
  - NGOs and organizations working in disability sports inclusion**.**

Co-funded by the European Union (101134299 - T4F). The opinions and views expressed are those of the author(s) alone and do not necessarily reflect the position of the European Union or the European Commission. Neither the European Union nor the funding body can be held responsible for them.

Documentation:

- Please be sure that you have a signed participants list of **at least 30 people, excluding representatives of partner organizations**.

Visual Documentation:

- Photos and videos to be taken at each event in order to be used for **media coverage, social media dissemination, and project reports**.

#Train4Family branding:

- The project visibility tools, including **roll-ups, posters, t-shirts, and brochures**, are **mandatory for use by all project partners** in dissemination activities and events. These materials can be accessed at this link and should be integrated into all promotional and visibility efforts to ensure a consistent project identity.

Impact and Outcomes

The Multiplier Sport Events should successfully engage sports professionals, families, and policymakers, ensuring the wider dissemination of Train4Family methodologies. Key outcomes from the national events include:

- **Increased awareness** about the importance of family-inclusive sports for children with disabilities.
- **Sports coaches and trainers gained practical knowledge** on adapting sports programs for inclusivity.
- **Families' testimonials as a positive experience**, provide floor for parents or the participants to share their feedback.
- **Networking and collaboration opportunities** emerged between sports clubs, schools, NGOs, and policymakers, paving the way for sustained implementation of inclusive sports activities.

5. Media & Dissemination Strategy

The Train4Family project recognizes that effective media coverage and dissemination are essential for ensuring long-term visibility, engagement, and impact of the Multiplier Sport Events (MSEs). A comprehensive dissemination strategy should be implemented to reach a broad audience, engage stakeholders, and promote the project's inclusive sports methodology. This strategy combines press releases, social media campaigns, visual documentation, and engagement with policymakers and sports professionals.

Co-funded by the European Union (101134299 - T4F). The opinions and views expressed are those of the author(s) alone and do not necessarily reflect the position of the European Union or the European Commission. Neither the European Union nor the funding body can be held responsible for them.

Media Partnerships & Outreach

Each partner country engaged with local, national, and specialized sports media to secure news coverage in various formats, including:

- **Newspaper articles and online media reports** covering the event highlights.
- **Interviews on local TV and radio stations** to discuss the impact of inclusive sports.
- **Feature stories in sports magazines** to highlight best practices and success stories.

By leveraging both traditional and digital media, the Train4Family project ensures that the message of inclusive sports for children with disabilities reach a broad and diverse audience.

Press Releases & Media Coverage

To maximize public outreach, each partner country was responsible for sending press releases before and after their Multiplier Sport Event (MSE) to local/national/regional media. These press releases should be designed to:

- Inform the general public, sports organizations, policymakers, and educational institutions about the objectives and outcomes of the event.
- Highlight the importance of inclusive family sports and the role of the Train4Family methodology in supporting children with disabilities.
- Encourage participation and engagement from local stakeholders, sports professionals, and media representatives.

Each press release should include:

✔ A brief **overview of the Train4Family project** and its goals.
✔ **Event details**, including date, location, and participating stakeholders.
✔ **Quotes from key participants**, such as sports professionals, policymakers, and families.
✔ Information on where to access **project materials** (eLearning platform, training guides, videos, and methodology reports).

Please keep proofs of all publications, achieved after the implementation of MSE events.

Visual Documentation: Photos & Videos

A key part of the dissemination strategy is the **collection of high-quality photos and videos** to document the events. Each partner is responsible for:

These visuals were shared across project platforms, partner websites, and social media pages, ensuring continuous engagement even after the events concluded. All project partners must ensure **GDPR compliance** by handling personal data responsibly, obtaining necessary

Co-funded by the European Union (101134299 - T4F). The opinions and views expressed are those of the author(s) alone and do not necessarily reflect the position of the European Union or the European Commission. Neither the European Union nor the funding body can be held responsible for them.

consents for photos and videos, and following data protection regulations in all dissemination and visibility activities.

Social Media Engagement & Visibility

Social media plays a key role in increasing the visibility and reach of the Multiplier Sport Events. A coordinated social media campaign should be implemented across the official accounts of all project partners (please tag the official project Facebook page).

Pre-event promotion:

- Announcement posts highlighting the event details and encouraging participation.
- Engaging visual content, including teaser videos, countdowns, and infographics about the importance of inclusive sports.

Live event coverage:

- Posting real-time updates, images, and short video clips during the event.
- Sharing participant testimonials and behind-the-scenes moments.
- Encouraging attendees to use event-specific hashtags (available below in the present document) to spread the message.

Post-event follow-up:

- Posting event highlights and key takeaways from the workshops and demonstrations.
- Publishing participant feedback, showcasing the impact of the event.
- Redirecting audiences to the Train4Family eLearning platform and downloadable resources.

Hashtags Used for Wider Reach:

- ☑ #Train4Family
- ☑ #InclusiveSports
- ☑ #BeInclusive
- ☑ #BeActive
- ☑ #ErasmusPlus

Each country should tailor its social media strategy to its audience, ensuring cultural relevance and maximum engagement.

Co-funded by the European Union (101134299 - T4F). The opinions and views expressed are those of the author(s) alone and do not necessarily reflect the position of the European Union or the European Commission. Neither the European Union nor the funding body can be held responsible for them.

Engagement with Policymakers & Institutions

A key objective of the #Train4Family dissemination strategy is to ensure long-term impact by engaging **policymakers, educational institutions, and sports organizations**. Each country should focus on:

- Inviting local and national policymakers to participate in the events and witness the Train4Family methodology in action.
- Providing policymakers with reports and recommendations to encourage integration of inclusive sports practices into national policies.
- Collaborating with schools and sports federations to embed Train4Family principles into existing PE and sports programs.

This direct engagement would ensure that the Multiplier Sport Events are not just one-time activities but catalysts for sustainable change.

6. Conclusion & Next Steps

The Multiplier Sport Events (MSEs) as part of the Train4Family project will successfully demonstrate the power of inclusive sports in fostering family engagement, accessibility, and equal opportunities for children with disabilities. These events will not only showcase the project's key methodologies and resources but also bring together key stakeholders from the fields of sports, education, policy, and community organizations to discuss and implement sustainable inclusive sports practices.

Call to Action: Get Involved & Stay Engaged!

The Train4Family project is more than just a series of events - it's a movement toward greater inclusivity and accessibility in sports. To continue this momentum, we encourage:

- **Sports professionals, PE teachers, and educators** to integrate the Train4Family methodology into their training sessions.
- **Policymakers and institutions** to support initiatives that promote inclusive sports education.
- **Families and community members** to actively participate in family-oriented sports programs that empower children with disabilities.
- **The general public and media** to help spread the message of sports for all, ensuring that no child is left behind in physical activity opportunities.

By working together, we can ensure that inclusive sports become a permanent and accessible part of society, allowing every child, regardless of ability, to experience the joy and benefits of sports. #Train4Family #InclusiveSports # BeInclusive #BeActive #ErasmusPlus

Co-funded by the European Union (101134299 - T4F). The opinions and views expressed are those of the author(s) alone and do not necessarily reflect the position of the European Union or the European Commission. Neither the European Union nor the funding body can be held responsible for them.

7. MSE Reporting

Instructions for Completion:

- Each partner should complete the table after the implementation of their event, ensuring all relevant details are included.
- Use concise and clear descriptions while providing links for supporting materials where applicable.
- Ensure GDPR compliance when sharing participant media.
- Submit the completed report as part of the official Train4Family dissemination documentation.

Multiplier Sport Events (MSE) Reporting Table

Field	Details
Partner Organization	*[Enter the name of the organization]*
Country	*[Enter the country where the event was held]*
Date of Event	*[Enter the date of the event]*
Location	*[Enter the city and venue where the event took place]*
Number of Participants	*[Provide the total number of participants - at least 30, excluding partner representatives]*
Target Groups Present (Sports professionals, families, policymakers, NGOs, educators, etc.)	*[List the types of participants who attended]*
Key Activities Conducted (Presentations, sports demonstrations, workshops, panel discussions, etc.)	*[Describe the main activities of the event]*
Train4Family Materials Used (Roll-up, posters, t-shirts, brochures, instructional manual, eLearning platform, etc.)	*[Specify which Train4Family materials were used]*
Media Coverage & Dissemination (Press releases, newspaper articles, TV/radio interviews, social media posts, event hashtags, etc.)	*[List media appearances and dissemination actions taken]*
Feedback from Participants (Testimonials, general impressions, key insights shared)	*[Summarize participant feedback and key takeaways]*
Photos & Video Links (Insert links to online albums or cloud storage if applicable)	*[Provide links to photos and videos of the event]*
Challenges & Recommendations (What worked well? What could be improved?)	*[Highlight what went well and suggestions for future events]*

Co-funded by the European Union (101134299 - T4F). The opinions and views expressed are those of the author(s) alone and do not necessarily reflect the position of the European Union or the European Commission. Neither the European Union nor the funding body can be held responsible for them.