Sports4Inclusion

in Guadeloupe

20-29th january 2026

Youth Exchange

E-BOOK



- Europe & Overseas Territories
- Exchanges & Cooperation

Co-funded by the European Union

TOULOUSE YOUTH NETWORK ASSOCIATION

HIGH ON HEALTH

FOCUS

UYN UTRECHT YOUTH NETWORK

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PROJECT

Introduction

As part of an youth exchange mobility programme supported by Erasmus+, Sports 4 Inclusion aimed to :

Sport 4 Inclusion was an Erasmus+ Youth Exchange held in Guadeloupe from 20 to 29 January 2026, bringing together participants from France, Denmark, the Netherlands, and Guadeloupe. The project aimed to promote social inclusion, well-being, and intercultural dialogue through sport and outdoor activities.

Over ten days, participants took part in a variety of sports activities, including kayaking, volleyball, cricket, and team-building challenges, as well as workshops on breathing techniques, well-being, mental health, digital detox, and nature connection. Living together in a campsite environment also helped strengthen autonomy, solidarity, and community spirit.

The project provided young people with the opportunity to develop their social and intercultural competences, increase their self-confidence, and discover how sport can be used as a powerful tool for inclusion, participation, and bringing people from different cultures together.

- Promote intercultural exchange
- Strengthen group cohesion
- Encourage mutual support and solidarity
- Develop participants' autonomy
- Promote sport as a tool for inclusion



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Workshop & Best Practices

The programme was built around a variety of activities combining sports practices (kayaking, cricket, yoga, debate, team building etc.), discovery of the local area, thematic workshops and moments of collective life in a camp setting.

The alternation between on-site activities and external outings allowed participants to experience full immersion, enriched by the discovery of the local culture.



Cricket

Participants were introduced to the basics of cricket through interactive exercises and friendly matches. Many participants had never played cricket before, making the activity an opportunity to discover a new sport while engaging in teamwork and intercultural learning.

Methodology

The session began with an introduction to the rules, equipment, and objectives of cricket. Participants then practiced fundamental skills such as batting, bowling, catching, and fielding through small-group exercises. The activity concluded with mini-matches where participants applied what they had learned in a supportive and inclusive environment. Reflection moments were included to discuss teamwork, communication, and fair play.

Competences Developed

- Teamwork and cooperation
- Communication skills
- Adaptability and learning new skills
- Strategic thinking and decision-making
- Fair play and respect for others
- Intercultural interaction
- Self-confidence and active participation

Facilitated by Focus+ Team

Debate: Sport and Inclusion

The session concluded with an interactive discussion exploring the relationship between sport and social inclusion.
Participants shared experiences and reflected on how sport can contribute to equal opportunities, community engagement and the inclusion of people with fewer opportunities.

Discussion Topics

- Is sport truly accessible to everyone?
- What barriers prevent people from participating in sport?
- How can sport promote inclusion and social cohesion?
- What values can sport bring to society?

Methodology

- Facilitated group discussion in a circle.
- Open-ended questions encouraging participation from everyone.
- Exchange of personal experiences and perspectives.
- Active listening and respectful dialogue.
- Collective summary of key learning points.



Facilitated by HOH Team

Competences Developed

- Critical thinking.
- Public speaking and communication skills.
- Active listening.
- Empathy and understanding of diverse perspectives.
- Civic engagement and social awareness.
- Reflection and self-expression.

Physical Cooperation Challenges

Participants engaged in a series of physical team-building activities requiring collaboration, trust and strategic thinking.
The challenges included building human pyramids and completing cooperative tasks that could only be achieved through effective teamwork and communication.

Methodology

- Explanation of safety rules and challenge objectives.
- Creation of balanced teams.
- Step-by-step completion of increasingly complex challenges.
- Group reflection after each activity.
- Recognition of collective effort and participation.

Examples of Challenges

- Building a human pyramid.
- Completing coordination tasks with physical constraints.
- Balance and trust exercises.
- Team challenges requiring the contribution of every participant.



Competences Developed

- Cooperation.
- Trust-building.
- Leadership and shared responsibility.
- Problem-solving.
- Team cohesion.

Facilitated by UYN Team

Volleyball Team Challenges

Participants were divided into small groups and took part in a series of volleyball-based challenges designed to promote cooperation, communication and active participation.
The emphasis was placed on teamwork and collective achievement rather than competition.

Methodology

- Formation of diverse and inclusive teams.
- Presentation of challenge objectives and rules.
- Progressive volleyball exercises adapted to participants' abilities.
- Encouragement of communication, support and collaboration.
- Rotation of teams to maximize interaction among participants.

Examples of Challenges

- Keeping the ball in the air for as long as possible.
- Completing a target number of consecutive passes.
- Achieving collective goals within a limited time.



Competences Developed

- Teamwork.
- Communication skills.
- Coordination and motor skills.
- Mutual support and respect.

Facilitated by TYN Team

Guided Breathing and Relaxation Session

The activity started with a guided breathing and relaxation exercise designed to help participants become present, focused and mentally prepared for the activities ahead.
Participants lay comfortably on the ground while the facilitator guided them through breathing exercises. Positive meditation and mindfulness statements were used to encourage relaxation, self-awareness and emotional well-being. Particular attention was given to body posture, breathing techniques and mindfulness.

Methodology

- Participants were invited to lie down in a comfortable position.
- Introduction to the importance of breathing for stress management and emotional regulation.
- Guided deep breathing exercises focusing on posture and body awareness.
- Meditation prompts and positive affirmations to encourage relaxation and confidence.
- Silent reflection and mindful breathing practice.



Competences Developed

- Stress management.
- Self-awareness.
- Concentration and mindfulness.
- Emotional well-being.

Facilitated by TYN Team



kayak

Participants took part in a kayaking activity in a natural outdoor environment. The session combined physical activity, discovery of the local environment, teamwork, and personal challenge. For many participants, it was their first experience kayaking, making it both an educational and memorable activity.

Methodology

The activity started with a safety briefing and an introduction to kayaking techniques, equipment, and water safety rules. Participants then practiced basic paddling skills before completing guided kayaking exercises in pairs or small groups. Throughout the session, facilitators encouraged cooperation, mutual support, and awareness of the natural surroundings. A debriefing session allowed participants to reflect on their experience and the skills they had developed.

Competences Developed

- Teamwork and cooperation
- Communication skills
- Self-confidence and resilience
- Adaptability in a new environment
- Problem-solving and coordination
- Environmental awareness
- Physical well-being and active lifestyle
- Trust and mutual support

Facilitated by a Kayak Club

Create Your Campaign

In small international groups, participants were invited to design a mini-awareness campaign promoting sport as a tool for inclusion, well-being and social cohesion.
The activity encouraged participants to transform the ideas discussed during the debate into concrete messages and actions that could be shared with their local communities.

Methodology

- Participants were divided into small groups.
- Each group selected a specific topic related to sport and inclusion.
- Brainstorming session to identify key messages, target audiences and communication channels.
- Creation of campaign materials such as slogans, posters, social media content or short campaign concepts.
- Presentation of the campaigns to the rest of the group followed by feedback and discussion.



Competences Developed

- Creativity and innovation.
- Teamwork and cooperation.
- Project planning and organization.
- Communication and advocacy skills.
- Media literacy and awareness-raising.
- Leadership and initiative-taking.
- Problem-solving and decision-making.

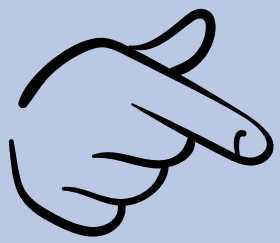
Facilitated by Sherazade HENNI

Conclusion

Sport 4 Inclusion project demonstrated how sport can be a powerful tool for inclusion, well-being, personal development, and intercultural dialogue. Throughout the youth exchange, participants engaged in a variety of sports, outdoor activities, reflection sessions, and non-formal education methods that encouraged teamwork, solidarity, active participation, and mutual understanding.

This e-book brings together the activities, methodologies, and best practices developed during the project, providing practical inspiration for youth workers, educators, organizations, and young people who wish to use sport as a tool for social inclusion and youth empowerment.
Beyond the activities themselves, participants developed valuable competences such as communication, teamwork, leadership, adaptability, intercultural awareness, problem-solving, self-confidence, resilience, and a greater understanding of well-being and healthy lifestyles.

We hope that the experiences, ideas, and tools presented in this e-book will inspire new initiatives and future projects that promote inclusion, participation, and positive social change through sport.
Together, we learned that sport is much more than physical activity: it is a universal language that brings people together, breaks down barriers, and creates opportunities for everyone to participate and thrive.



Trailer of S4I

Credits & Acknowledgements

This e-book is the result of the collective efforts, creativity, and dedication of all participants and partner organizations involved in the Sport 4 Inclusion Youth Exchange project.
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- Utrecht Youth Network (Netherlands)
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Sport 4 Inclusion – Erasmus+ Youth Exchange
Guadeloupe, January 2026

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