



Get-Up

Empowerment through
outdoor sport and life skills

Get-Up: Empowerment through Outdoor Sport and Life Skills

A Strategic Overview of the Methodology,
Execution, and Impact



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Project Snapshot & Core Mission



**Coordinator: EQUAL
SOCIETY (Greece)**
Open Sans Regular



**Duration: 24 Months
(Start: 01/12/2025)**
Open Sans Regular



**Total Budget:
€250,000**
Open Sans Regular



**Consortium: Greece,
Spain, Italy, Belgium**
Open Sans Regular

The Mission

Life skill empowerment for homeless people through nature-based sport.

The Proposition

The Get-Up project demonstrates methodological maturity by proactively addressing the limitations of traditional sport interventions. We explicitly acknowledge that sport alone is not a panacea. Our approach integrates physical activity into broader rehabilitative frameworks to ensure successful social reintegration.

The Paradigm Shift: From Traditional Delivery to 'Sport Plus'

The Trap: Traditional Sport Delivery

- Assumes sport has inherent developmental qualities.
- Focuses on simple participation.
- Often fails due to lack of design clarity.
- Critique: Sport as a destination.



The Solution: Get-Up 'Sport Plus' Model

- Acknowledges sport is not a panacea.
- Physical activity augmented with educational programs.
- Deliberately adapted for homeless populations.
- Philosophy: Sport as a vehicle.

Conclusion: Simple participation is inadequate. We address the root challenges of skill transfer from the pitch to daily life.

The Methodological Triad



Skill Transfer Approach

This structured approach links the 'pitch' to 'daily life,' ensuring skill transfer rather than temporary recreation.

The Behavioural Science Framework (COM-B)

CAPACITY

Developing interpersonal skills and physical competence through experiential learning.



OPPORTUNITY

Creating a supportive environment via nature-based sports; removing barriers.



MOTIVATION

Psychological Empowerment Framework (Meaning, Competence, Self-Determination).



BEHAVIOUR CHANGE

Active lifestyle, Social Reintegration, Resilience.

Based on Michie et al. (2011). We use this model to decode HOW change occurs, ensuring interventions are evidence-based.

The Platform: Nature as a Healing Environment



Psychological Safety

Nature offers calm and stress reduction, pushing away negative thoughts and creating a safe space for vulnerability.



Meaning-Making

Nature-based sport focuses on recognizing new experiences and developing positive behavioral changes.



Experiential Learning

Using 'Play' (exploration) and 'Games' (rule-bound) to foster problem-solving and ownership of development.

Nature-Sport Based Activity

Outdoor sport conducted in spaces dominated by natural features (parks, forests, lakes) combined with goal-setting.

Strategic Objectives

Personal Growth

- Structured life skills development (resilience, problem-solving)
- Physical, Mental, and Emotional Well-being
- Self-Confidence



Social & Community

- Social Inclusion & Community Engagement
- Empowerment & Leadership (involving homeless individuals in decision-making).



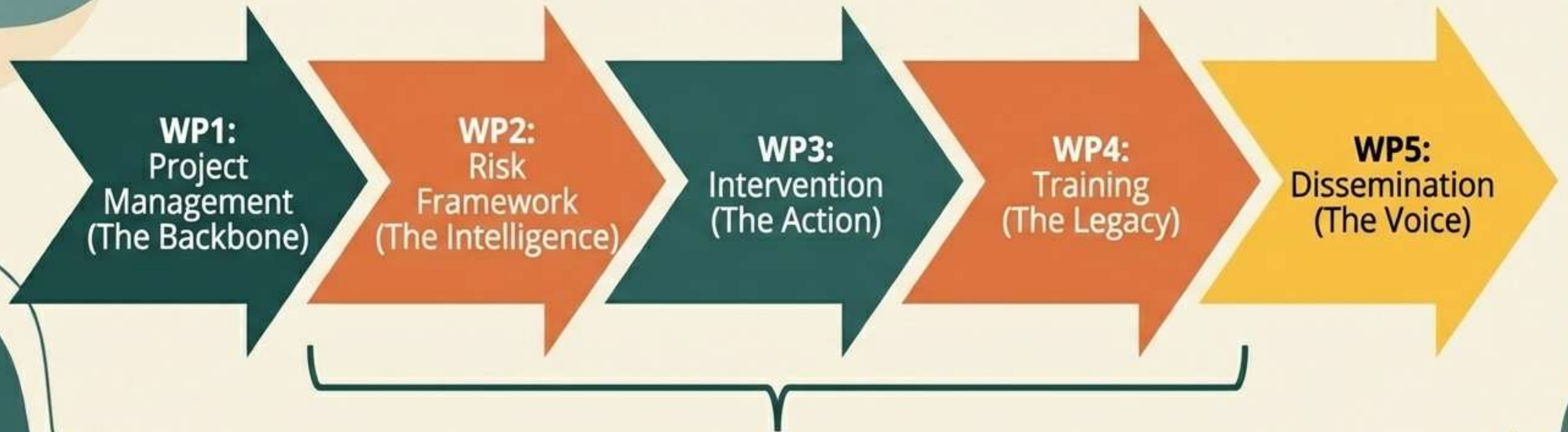
Systemic Impact

- Sustainability & Long-Term Impact
- Promoting "Sport for All" policy advocacy
- Cross-sector collaborations.



Equipping individuals not just with sport skills, but with the tools for independent living.

The Operational Roadmap



Research informs Implementation, which informs Training.

WP1: Project Management & Implementation

Lead: Equal Society | **Focus:** The Operational Backbone

Operational Excellence

Optimizing time/budget allocation.

Ethical Rigor

Upholding EU standards for data protection.

Impact Valuation

Using SROI (Social Return on Investment) to quantify value.

Deliverables

- **D1.1 Project Management Support Pack (PMSP):** Operational blueprint and quality monitoring.
- **D1.2 Final SROI Report:** Socio-economic impact evaluation.

WP2: Risk Environment Framework

Lead: OMP | Focus: The Strategic Compass

Adopts a Social-Ecological Perspective

We move beyond individual blame to identify environmental stressors (stigma, lack of safe spaces). The goal is to ensure interventions create 'psychological safety' and avoid triggering past trauma.

Deliverables

- **D2.1 Risk Environment Framework:** A guide mapping risks across structural and personal dimensions.

WP3: The 'Beyond Sport' Intervention

Lead: Your WindRose | **Focus:** The Core Action

Target Groups

- **Primary:** Individuals experiencing homelessness.
- **Secondary:** Social workers, health professionals.



The Activity



- Blending outdoor activity with experiential learning.
- **Deliverable D3.1:** Curriculum design & implementation.
- **Deliverable D3.2:** Impact evaluation (Qualitative/Quantitative).



WP4: Training & Capacity Building

Lead: ECETT | Focus: Sustainability & Professionalization

ADDIE Model



Goal & Curriculum

- **Goal:** Training professionals to use nature-sport interventions safely.
- **Curriculum Topics:** Outdoor education, Inclusive risk management, Trauma-informed engagement.

Deliverables

- **D4.1 Training Programme:** Blended learning (Online + In-person in Valencia).



WP5: Dissemination & Visibility

Lead: Equal Society | **Focus:** Maximizing Impact



Events

Multiplier Events
and Workshops.



Digital Hub

Project Website (D5.1)
and Social Media.



WP5 Hub



Metrics

Evaluation of reach
(National & European
audiences).

Key Message: Ensuring the methodology is available
for scaling and wider social impact.

Partnership Consortium & Timeline

The Coalition

-  **Equal Society (GR)**
-  **Korissos (GR)**
-  **Your WindRose (ES)**
-  **Fraternità Cristiana Opera di Padre Marella (IT)**
-  **Ecett-Networks (BE)**
-  **Polisportiva San Faustino Circolo (IT)**
-  **UCV (ES)**

Timeline



Point 1: Kick-off
(Athens, Greece)



Point 2: Risk Framework
Analysis (Valencia, Spain)



Point 3: Intervention Design
(Nivelles, Belgium)



Point 4: Training Design
(Emilia-Romagna, Italy)



Join us in empowering lives through nature and sport.

www.getup-project.eu | info@equalsociety.gr



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