

Sport for All for Resilience in Ukraine

Unified Project Proposal

A system-building and humanitarian partnership between FISPT, FISpT International, and Ukrainian institutions

Overview

This unified proposal consolidates the original FISPT project framework with the institutional recommendations and implementation improvements proposed by the Ukrainian side. The resulting document strengthens the programme by combining humanitarian objectives with a clearer national delivery structure, stronger institutional anchoring in Ukraine, measurable key performance indicators, and a phased implementation model suited to wartime and post-war recovery conditions.

The programme is conceived both as an emergency response and as a long-term state-building instrument for inclusive Sport for All in Ukraine. It aims to establish a scalable and institutionalised delivery model for physical activity and community sport embedded in schools, rehabilitation pathways, local communities, veteran support structures, and public institutions.

Strategic Context

Since the beginning of the war in Ukraine, millions of people have faced displacement, trauma, injury, loss of community ties, and reduced access to safe recreational and physical activity opportunities. In this context, Sport for All can support physical rehabilitation, psychosocial well-being, social inclusion, resilience, and community cohesion, especially for persons with disabilities, veterans, displaced children and youth, and host communities under pressure.

Building on the Memorandum of Understanding between FISPT and the State Agency for Mass Sport of Ukraine, and under the institutional umbrella of FISpT International, this proposal operationalises the cooperation through a structured multi-year programme with pilot, expansion, and sustainability phases. The improved model also reflects the Ukrainian proposal to embed implementation into a broader national system rather than relying on a single institution.

Overall Goal

To use Sport for All as a vehicle for rehabilitation, psychosocial recovery, social inclusion, community resilience, and institutional capacity-building in Ukraine, with special attention to war-affected populations and the long-term development of a national inclusive sport delivery system.

Specific Objectives

- To design and deliver inclusive and adapted sport programmes for veterans, war-affected adults, and persons with war-related disabilities, supporting rehabilitation, empowerment, and active community participation.
- To create safe and structured sport and play environments for displaced children, adolescents, and host-community youth, strengthening integration, protection, and resilience.
- To develop low-resource sport formats that can be implemented in communities with limited infrastructure, equipment, or access to formal facilities.
- To establish a national training and training-of-trainers system for coaches, teachers, facilitators, and community leaders in inclusive, trauma-informed, and community-based sport methodologies.
- To create an institutional model linking policy support, national coordination, local delivery partners, and international technical cooperation, enabling long-term sustainability beyond the initial funding cycle.

Partnership Structure

The programme will be implemented through a multi-level partnership structure combining international technical support with Ukrainian institutional ownership.

International Partners

FISPT – Federazione Italiana Sport per Tutti will act as lead technical partner, responsible for programme methodology, training design, expert missions, equipment support, and contribution to fundraising and international exchanges.

FISpT International will provide institutional recognition, international visibility, knowledge exchange opportunities, and support to fundraising toward IOC, Olympic Refuge Foundation, Erasmus Sport, foundations, and other partners.

Ukrainian Institutional Structure

To reflect the suggestions of the Ukrainian side, implementation in Ukraine will be organised across four interconnected levels rather than through only one bilateral operational line.

- **Policy level:** Ministry of Youth and Sports of Ukraine and/or State Agency for Mass Sport of Ukraine, ensuring policy alignment, national coordination, and access to regions and public institutions.
- **National implementation level:** Ukrainian Sport for All Federation or equivalent designated national implementing partner, responsible for programme coordination, regional network mobilisation, and reporting.
- **Delivery partners:** local NGOs, schools, community centres, rehabilitation centres, municipal structures, veteran support initiatives, and initiatives such as BeActive4Peace where relevant.
- **International coordination:** FISPT and FISpT International, ensuring quality standards, methodology, external visibility, and international partnerships.

This structure ensures that the programme is embedded into the Ukrainian system, can be replicated regionally, and does not depend on a single institutional actor.

Target Groups

The unified programme serves the following priority groups:

- Veterans and war-affected adults, including persons with physical disabilities, sensory impairments, trauma-related conditions, and PTSD.
- Persons with disabilities resulting directly or indirectly from war-related injury, trauma, or disruption of medical care.
- Displaced children and adolescents, including returnees and children living in host communities.
- Internally displaced persons and vulnerable families reached through community initiatives and local delivery partners.
- Coaches, physical education teachers, rehabilitation specialists, youth workers, facilitators, and volunteers who will be trained to deliver inclusive Sport for All activities.

Gender balance, the participation of girls and women, and inclusion of socio-economically disadvantaged groups will be promoted across all components.

Programme Components

Component 1: Adaptive Physical Activity for Veterans and War-Affected Adults

This component merges the original disability and rehabilitation strand with the Ukrainian recommendation to explicitly include veterans and war-affected adults as a primary target group.

Activities will include adapted physical activity sessions, inclusive sport modules, cooperation with rehabilitation centres and veteran support services, training of local staff, and public events that reduce stigma and promote reintegration.

Illustrative activities include sitting volleyball, wheelchair-based games, boccia-type activities, modified athletics, traditional games adapted to local conditions, and structured inclusive festivals involving both disabled and non-disabled participants.

Component 2: Sport and Play for Children and Youth Integration

This component focuses on displaced children, adolescents, and host-community youth through safe, regular, structured sport and play sessions in schools, community centres, and protected spaces. It combines child safeguarding, trauma-informed coaching, cooperative play, peer leadership pathways, and family/community events to promote social integration and psychosocial well-being.

The Ukrainian suggestions strengthen this component by framing it as part of a national delivery model with trained Ukrainian facilitators supported by Italian experts, rather than only stand-alone project activities.

Component 3: Low-Resource Sport for Scalability

This component develops sport formats that can operate with minimal equipment and in non-standard spaces, including schoolyards, shelters, community rooms, and outdoor spaces. It supports broad territorial reach in a conflict-affected environment and answers the Ukrainian recommendation for scalable, system-friendly delivery.

Activities include the development of toolkits, adaptation of rules and exercises, inter-regional friendly competitions, and where feasible international exchanges and clinics in Italy under the FISpT umbrella.

Cross-Cutting Work Packages

Capacity Building and Training System

A core improvement introduced through the Ukrainian feedback is the explicit creation of a national methodology and training-of-trainers system. The programme will therefore develop structured training modules on inclusive sport, adaptive physical activity, trauma-informed coaching, low-resource sport, safeguarding, gender equality, and social inclusion, delivered through seminars, webinars, mentoring, and practical field sessions.

A bilingual resource library in Ukrainian and English, and where useful Italian, will support replication and institutional learning. Ukrainian trainers will progressively become multipliers able to train additional facilitators in new regions.

Communication and Visibility

The programme will adopt a common visual identity and communication strategy aligned with FISpT values and donor requirements. Communication outputs may include stories of impact, photos, videos, testimonies, public events, and advocacy linked to international observance days and to positive narratives of resilience, solidarity, and inclusion.

Monitoring, Evaluation, and Learning

The original proposal's MEL framework is retained and strengthened with more concrete initial KPIs proposed by the Ukrainian side. Monitoring tools will include attendance records, participation tracking, simple questionnaires, qualitative feedback, retention measures, and periodic review meetings between the partners.

Indicative starter KPIs for the pilot phase include three pilot regions, 30 trained facilitators, 500 children reached, 100 veterans engaged, 30 sessions per month, 70 percent participant retention, and 40 percent female participation, subject to validation during the inception phase.

Governance and Coordination

A Joint Steering Committee will oversee the programme, with representatives from FISpT, the relevant Ukrainian state authority, the designated Ukrainian national implementation body, and FISpT International in an advisory role. The Steering Committee will approve annual work plans, review progress, coordinate advocacy and fundraising, and support strategic adaptation in light of the evolving context.

Day-to-day implementation will be coordinated by designated project managers in Italy and Ukraine, supported by regional focal points and delivery partners. This dual governance model balances institutional legitimacy, technical quality, and operational flexibility.

Geographic Approach

The initial pilot phase should begin in a limited number of regions selected in coordination with the competent Ukrainian authorities on the basis of security, access, institutional readiness, concentration of beneficiaries, and local partner capacity. The Ukrainian draft proposes starting with three pilot regions, while the original proposal foresees at least two regions in Year 1; this unified version

recommends three pilot regions where feasible, while preserving flexibility if security or funding requires a smaller start.

Implementation Timeline

Inception and First 180 Days

The first 180 days should be framed as an inception and pilot-launch period, integrating the more precise Ukrainian sequencing into the broader original multi-year structure.

- Month 1: confirm governance arrangements, designate the national implementing structure, and validate pilot regions.
- Month 2: complete needs assessment, stakeholder mapping, and operational planning in selected regions.
- Month 3: deliver first training sessions and launch pilot activities.
- Months 4 to 6: implement regular sessions, monitor participation, refine tools, and organise at least one visible community or national event.

Multi-Year Development

After the first 180 days, the programme should evolve along the following pathway:

- **Year 1 – Pilot phase:** launch activities in selected regions, test methodologies, train first facilitators, and validate monitoring tools.
- **Year 2 – Consolidation and expansion:** strengthen local delivery systems, extend to additional regions, introduce exchange activities, and conduct a mid-term review.
- **Year 3 – Scaling and sustainability:** integrate successful models into schools, rehabilitation structures, community centres, and local public systems; publish a good-practice manual and expand the multiplier network.

Financial Model and Resource Principles

The programme will continue to rely on shared responsibilities between the Italian and Ukrainian sides, complemented by external donor funding. FISPT will cover or mobilise resources for expert travel, methodology development, some equipment and didactic materials, and Italian-side coordination.

The Ukrainian side will facilitate facilities, local coordination, access to delivery networks, and local logistical arrangements, with the precise allocation depending on the designated institutions and

funding structure. A detailed line-item budget should be developed after confirmation of pilot regions, delivery structure, and donor targets.

Funding Strategy

The diversified funding strategy proposed in the original draft remains valid and should be maintained. Priority funding channels include the IOC and related mechanisms, the Olympic Refugee Foundation, Erasmus+ Sport, UN-linked humanitarian and refugee support actors, philanthropic foundations, corporate social responsibility programmes, equipment partners, and municipal or regional co-financing.

The unified proposal also benefits from the stronger system-building framing suggested by the Ukrainian side, which can make the project more attractive to institutional donors seeking scalability, public-sector anchoring, and post-war legacy.

Risks and Mitigation

The programme must remain flexible due to security constraints, population movements, staff burnout, and uncertain funding. Mitigation measures include modular programming, phased expansion, strong local partnerships, broad training of facilitators, psychosocial safety principles, referral pathways for specialised services, and the ability to shift formats geographically or online when necessary.

Expected Results

By combining the strengths of both drafts, the unified programme is expected to generate results at humanitarian, social, and institutional level.

- Improved access to safe and inclusive physical activity for war-affected populations, especially veterans, persons with disabilities, displaced children, and vulnerable communities.
- Strengthened Ukrainian capacity to design and deliver Sport for All programmes through trained facilitators, national methodologies, and regional implementation networks.
- Increased community cohesion, psychosocial well-being, and positive visibility for inclusive sport as a tool of resilience and recovery.
- A durable Italy–Ukraine cooperation model under the umbrella of FISpT International, with potential replication in other countries and post-conflict settings.

Recommended Next Steps

To convert this unified text into a final donor-ready project proposal, the following immediate steps are recommended:

1. Confirm the exact Ukrainian institutional architecture to be named formally in the document, including whether the Ministry, the State Agency, and the Ukrainian Sport for All Federation will all appear as project actors.
2. Validate the initial pilot regions and security feasibility.
3. Transform the indicative KPIs into a formal logframe with baselines, targets, means of verification, and assumptions.
4. Prepare a preliminary budget and financing matrix linked to the phased timeline.
5. Align terminology, branding, and legal references across all parties before external submission.

Final Integrated Positioning

This final integrated concept should be presented as a joint Italy–Ukraine Sport for All resilience initiative that combines emergency relevance with long-term system development. It is stronger than the original version because it keeps the depth, donor logic, and international framing of the first draft while incorporating the Ukrainian side's practical recommendations on institutional embedding, pilot governance, implementation sequencing, and measurable early targets.