



Achieving Wonders: Athlete's Recognition & Development for the Contribution in Society

"We believe that an athlete's success is measured not just by trophies but by their growth as resilient, empathetic, and disciplined members of society."

The AWARD Programme is a new Erasmus+ Sport initiative focused on strengthening mental well-being, inclusion, and positive development in youth sports across Europe. Through trauma-informed coaching approaches, educational resources, and innovative tools, AWARD supports coaches and mentors in creating environments where young athletes can grow with confidence, resilience, and support - both on and off the field.

Together with our European partnership:

1. **Universitatea „Alexandru Ioan Cuza” din Iași (UAIC) - Romania**
2. **CKT Business Consulting - Cyprus**
3. **ECOS -European Culture and Sport Organization - Italy**
4. **GDA Sports LTD Sports - Cyprus**
5. **PAOK FC - Greece**
6. **Genesis Project - Bosnia and Herzegovina**

we are working to empower coaches and mentors, combat exclusion, and promote healthier sporting cultures for young people.

Learn more about the project on our website

AWARD Partners Meet in Iași for the First Transnational Project Meeting



The partners of the AWARD project gathered in Iași, Romania, on 28 April 2026 for the project's First Transnational Project Meeting (TPM1), hosted by the “Alexandru Ioan Cuza” University of Iași (UAIC), Faculty of Physical Education and Sport.

The meeting brought together representatives from all partner organisations to review the progress achieved during the first months of implementation, strengthen collaboration among partners, and coordinate the next phases of the project.

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Mental Health in Youth Sport: Why Coaches Matter More Than Ever

Youth sport is often celebrated for building discipline, teamwork, and physical strength. But behind every training session, competition, and performance milestone, there is also a young person navigating emotional challenges, social expectations, and personal growth.

The AWARD project was created in response to this growing need, recognising that coaches and mentors play a crucial role in shaping not only athletic performance, but also emotional well-being and inclusion within youth sports environments.

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Bridging the Digital and the Durable: Strategic Approaches to Coach Development and Social Legacy

Modern youth sport is undergoing a paradigm shift from a performance-centric model toward a holistic development framework. The AWARD Erasmus+ project addresses this evolution by integrating digital learning technologies with long-term sustainability strategies. This article explores how digital tools facilitate coach development and how these advancements are transformed into a lasting social legacy.

[Read the full article](#)

Building Resilience Through Responsibility



Youth sport provides an ideal setting for cultivating responsibility, a key factor in building resilience. Through personal discipline, team spirit, and addressing negative behaviors, young athletes learn to take ownership of their actions and consequences. The recommended approaches foster cohesion, reduce conflict, and support a balance between performance and well-being. The conclusion emphasizes the need for consistent collaboration among coaches, parents, and students to transform sport into a school of character.

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Co-funded by
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