

Newsletter

Erasmus+ Project Breaking Barriers



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Europe is experiencing an increase in migrants and refugees, which creates challenges of social and cultural segregation. The project aims to promote inclusion, diversity, and social cohesion through community, educational, and recreational activities.

The main objective of this project is to improve the situation of the foreign migrant population in segregated environments through the creation and implementation of leisure and free-time activities.

In this newsletter

1. What is the project about?

2. Kick-off Meeting in Valladolid, Spain

3. ToolKit for professionals

4. Next steps

Specifically, it aims to:

- generate connections through participation in leisure activities,
- strengthen the bond between people from different countries who share the same environment,
- raise awareness about migration, and promote healthy habits for all.



2

On 21st and 22nd January 2026, the project consortium has been hosted by the Project Coordinator La Roca where the workplan has been defined and brainstorming sessions towards the creation of ToolKit for professionals has been introduced.

3

The partners are currently creating a guide with resources/tools/dynamics for working on this inclusion through coaching, strategies for reaching the target audience, who often have little connection to social organizations, and how to work with them in an inclusive way and with an intersectional perspective. The results of the study will benefit professionals working in the sector, who will have more resources to understand the situation and needs of migrants.



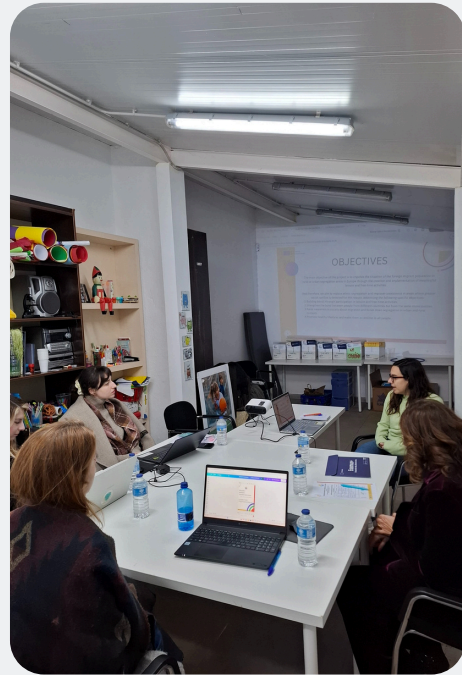
The guide will incorporate:

- Real-work experiences in inclusive work and activities, especially sports and environmental recreation, tailored to the adult community.
- Life Coaching methodologies and psychology techniques for strengthening mental health and self-esteem, and to create stronger, more secure bonds.

4

Once the planning is finalized, inclusive social events will be held, with both displaced persons and native residents living in the same environment participating. The events will be introduced in Spain, Bulgaria and Greece simultaneously.

Finally, multimedia material will be collected throughout the event and subsequently edited and produced as a result of the activity. The goal is, after the event, to produce this video as an awareness-raising campaign for breaking down social barriers.



Partners

