

RECOVER - 1st Press Release

The RECOVER project marks the World Day against Trafficking in Persons

Sport has the power to heal, rebuild, and connect. On the occasion of the **World Day Against Trafficking in Persons (30 July)**, the **RECOVER project** highlights **how physical activity can support the recovery and social reintegration of people who have survived human trafficking**.

RECOVER brings together organisations from **Greece, Portugal, Italy, Spain, Cyprus, and Lithuania** that work in victim support, sport, and community inclusion. The project aims to unlock the full potential of sport as a tool for empowerment, trauma recovery, and social connection.

To make this possible, RECOVER is developing a set of hands-on tools and resources for professionals working with survivors:

- **Capacity building programme for sports coaches, trainers, and support professionals**
A training curriculum focused on how to use sport to assist trafficking survivors, covering key topics such as:
 - The healing and integrative power of sport
 - Understanding the different needs of trafficking survivors
 - Creating safe and inclusive environments
 - Coaching strategies that foster trust and participation
- **E-guide for supporting survivors through sport**
A practical guide with strategies for integrating sport into recovery and reintegration programmes. It also supports participants of the training programme, offering **gamified tools** to help put what they learn into practice.

- **Awareness-raising toolkit**

A resource to promote understanding of the added value of sport in helping survivors move forward, aimed at professionals in both the social and sports sectors.

Currently, RECOVER is finalising a **Common Analysis Report**, based on extensive field research conducted in all six countries. This includes interviews and focus groups with around **150 experts**, including psychologists, social workers, legal professionals, educators, and sports coaches, who shared their insights on working with survivors.

The report will be published on the project's website by the **end of August** and will help guide the creation of the final tools and training activities.

Visit www.recover-project.eu

to learn more and follow the project's next steps