

# Dual Career & International mobility Event :::

**MAY 15TH**

**INSA Lyon Campus**

*Student Athletes Erasmus+ Mobility in Europe*

**INSA** | INSTITUT NATIONAL  
DES SCIENCES  
APPLIQUÉES  
LYON





# Opening Ceremony

**Oana  
Teodora Iova**

**Deputy to the Vice-President  
of European and International  
Relations - INSA Lyon**



# **SAMEurope Project**

An Ambition for DC Universities

**Dorothee  
Brac de la Perrière**

**Global networks  
Manager - INSA Lyon**



## EU Guidelines on Dual Careers of Athletes, 2012 EU Work Plan for Sports 2021-2024 Results of AMID project

- Partners experimented with DC programmes
- Call Erasmus+ KA2 2022
- Staff from sport and from international relations



## INSA Lyon - France



**Dorothee  
Brac de la Perrière**

European projects  
manager



**Florian  
Agneray**

Student athletes  
section manager at  
the sports centre



**CHALMERS**  
UNIVERSITY OF TECHNOLOGY

# Chalmers University of Technology - Sweden



**Per  
Thorén**

Director of studies



**Johan  
Bankel**

Athlete  
coordinator



# Karlsruhe Institute of Technology - Germany



**Swantje  
Scharenberg**

Research expert and lecturer  
at the Institute for Sport and  
Sport Sciences (IfSS)



**Pascale  
Kohler**

Head of international  
cooperation and  
projects, IRO

## Universitat Jame I - Spain



**Carlos  
Hernando-Domingo**

Director of the  
sports service



**Marta  
Renau-Michavila**

Lecturer in the  
department of translation  
and communication



**Maria  
Pilar Marín Gil**

Sports technician  
at the sports  
service



## University of Jyväskylä - Finland



**Sami  
Kalaja**

Professor of practice in sport,  
University of Jyväskylä



**Aki  
Karjalainen**

Executive director,  
Finnish institute of high  
performance sports KIHU



**Minna  
Rasinaho**

Education coordinator at  
the faculty of sport and  
health sciences

## INSA Lyon - France



**Thalia  
Darnanville**

European project  
manager, IRO



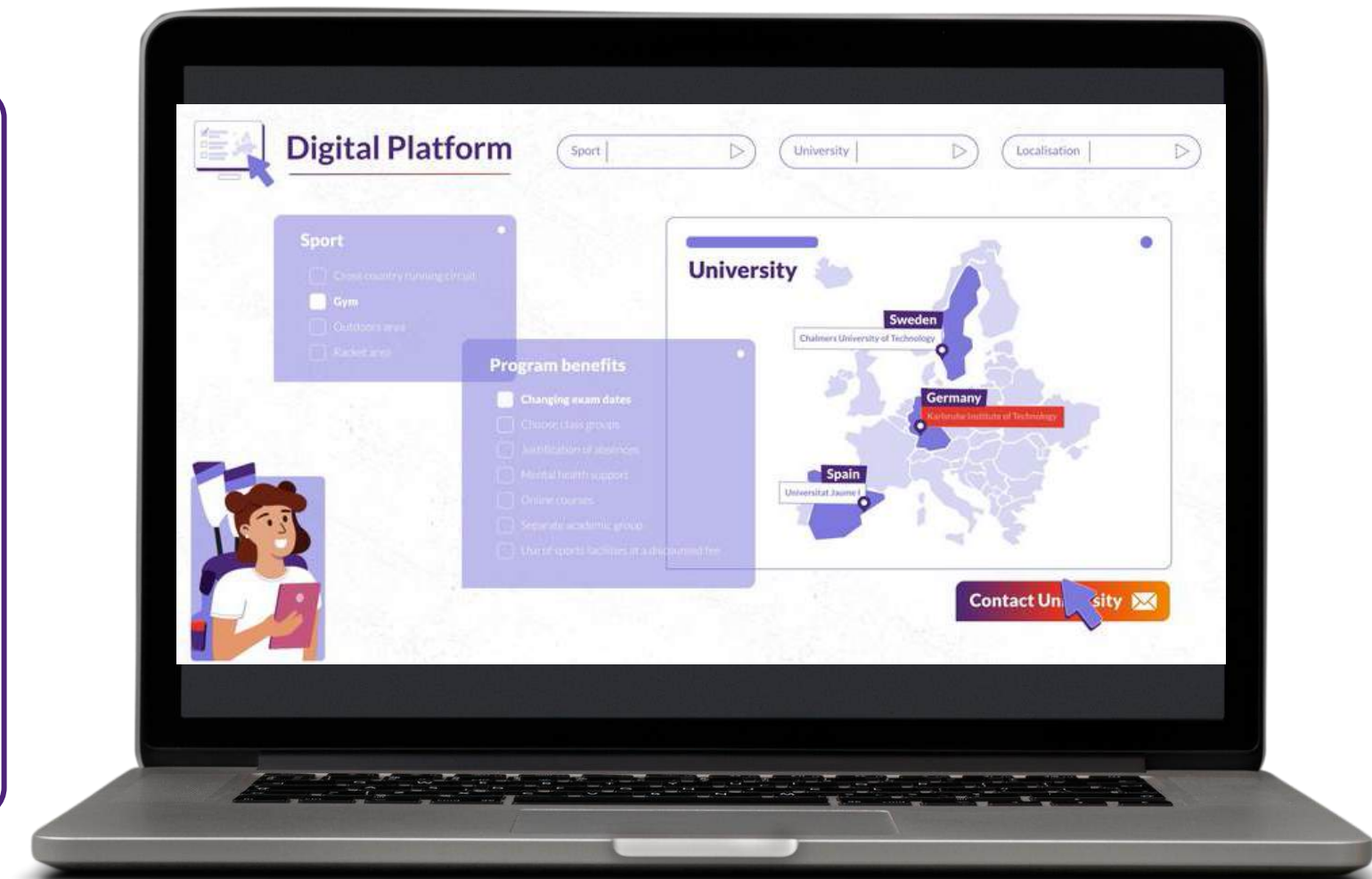
**Alexia  
Deflon**

European project  
assistant



## 1. DIGITAL PLATFORM

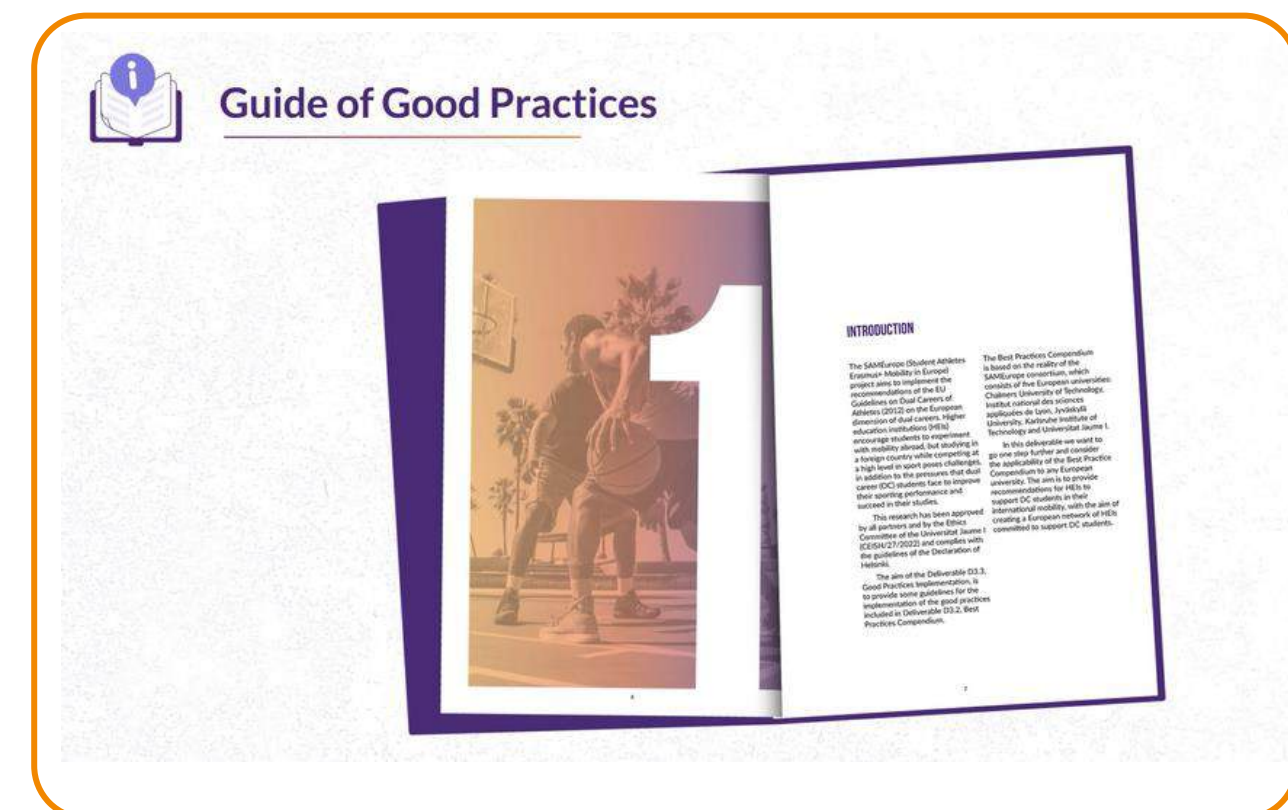
- IT Tool with a sport entry database
- Find a university that is compatible with the sport practised by the student
- Build a sustainable system and a pool of European universities using the platform





## 2. GUIDE OF GOOD PRACTICES

- Survey among DC students in the 5 universities of the consortium
- Objective : classify and highlight actions/good practices that are effective and easy for other universities to implement
- 31 benefits and 14 good practices identified
- Will be implemented in all HEIs wishing to support DC students in their academic exchange



## 3. SOCIOLOGICAL STUDY

### What skills do DC students gain from an Erasmus+ mobility ?

- Survey among DC graduates, interviewed on their personal and professional development
- Study of recruiters' response to applications from DC graduates





## Paderborn University - Germany



**Pascal  
Haase**

Chair of Organizational, Media  
and Sports Economics



**Mojgan  
Ghayour Najafabadi**

Chair of Organizational,  
Media and Sports  
Economics



**Bernd  
Frick**

Professor of  
Organizational, Media and  
Sports Economics



# STUDENT ATHLETES ERASMUS+ MOBILITY IN EUROPE

## Some figures...

- 1st project on the international mobility of DC students
- 55 actions of communication and dissemination
- 1 research article published in Frontiers
- SAMEurope+, a follow-up project





# Guide of Good Practices

for universities wishing to welcome Erasmus+ Dual Career students

**Carlos Hernando -  
Domingo**

**Director of the Sports Center  
- Universitat Jaume I**









# ERASMUS+ KA2.

## PROJECT 1010503078 ERASMUS SPORT-2021 SCP

### Main Objectives:

- Promote the mobility of high-level sports students.
- Encourage the European identity of student athletes, national and international benchmarks.

### Work Packages

- Administration and global management of the project.
- Design and implementation of a mobility platform for dual career students.
- Analysis of the benefits offered to dual career students and proposal of a guide of good practices.
- Sociological study of dual career student-athletes.
- Dissemination and communication of the project.

<https://www.sameuropeproject.eu/>



# ERASMUS+ KA2.

## PROJECT 1010503078 ERASMUS SPORT-2021 SCP

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- Promote the mobility of high-level sports students.
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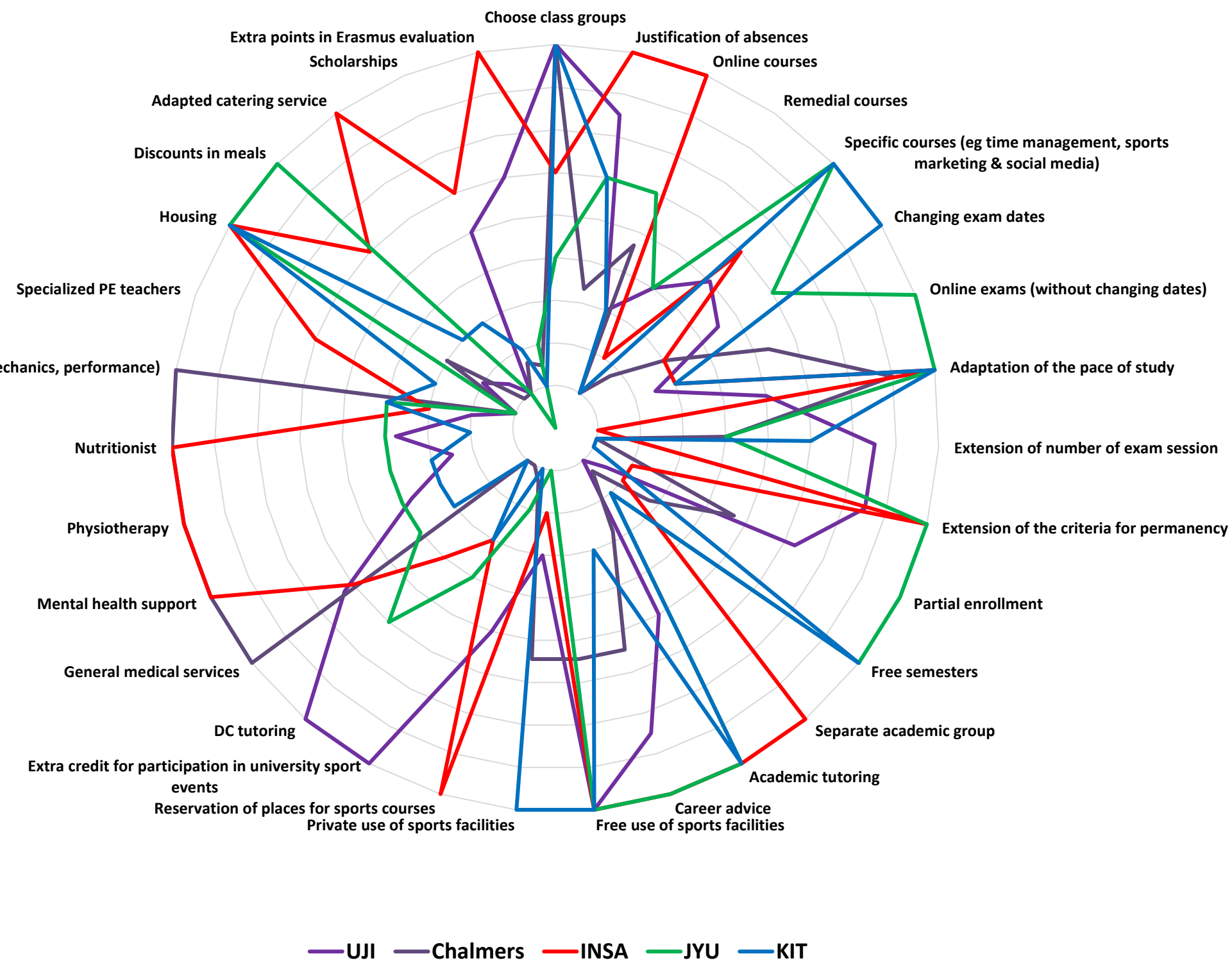
### Work Packages

- Administration and global management of the project.
  - Design and implementation of a mobility platform for dual career students.
  - Analysis of the benefits offered to dual career students and proposal of a guide of good practices.
  - Sociological study of the group of dual career student-athletes.
  - Dissemination and communication of the project.
- <https://www.sameuropeproject.eu/>





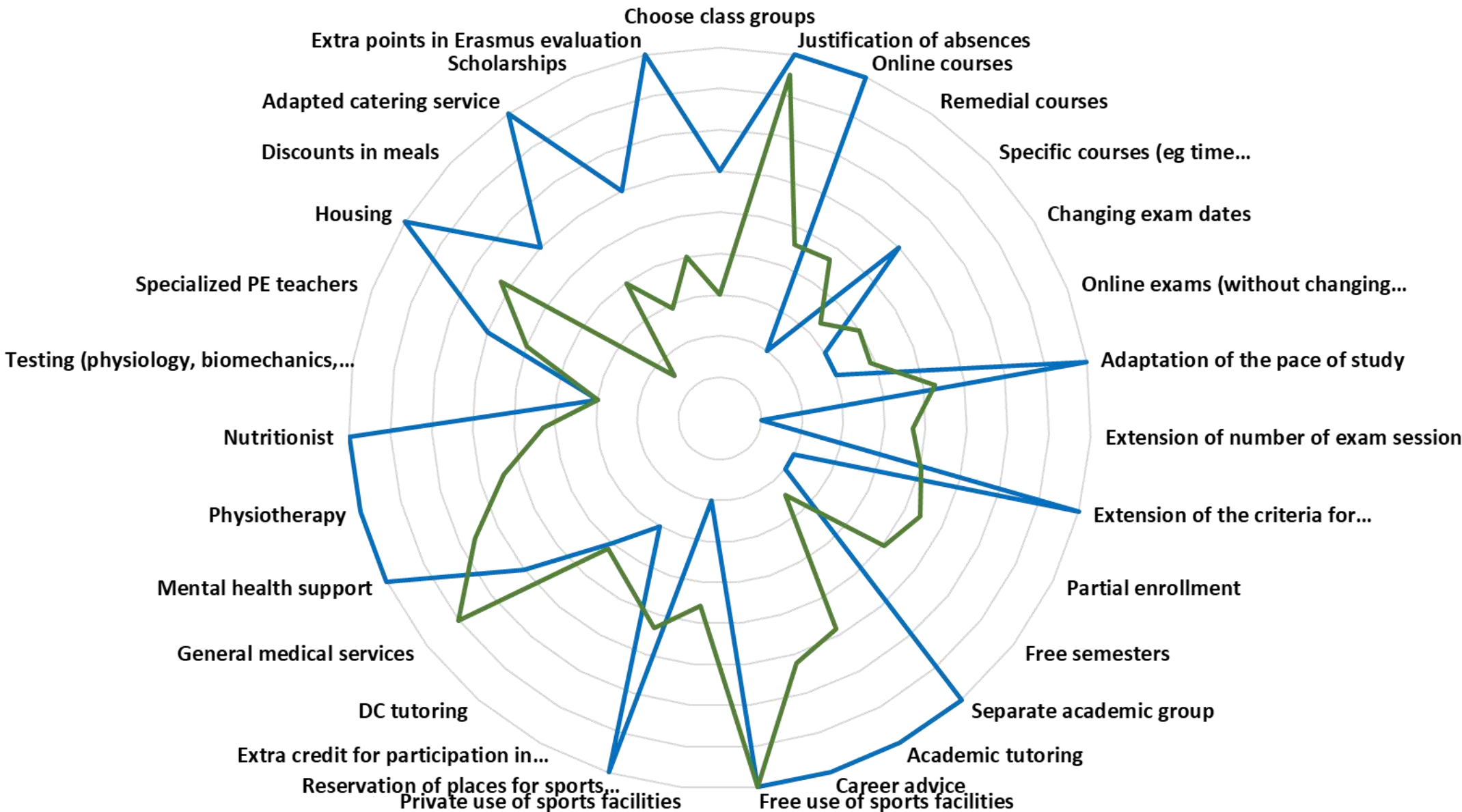
# ANALYSIS OF UNIVERSITY SERVICES (IRO + SS) BENEFITS PROVIDED BY UNIVERSITIES TO STUDENTS PURSUING A DUAL CAREER







# ANALYSIS OF UNIVERSITY SERVICES (IRO + SS) BENEFITS FROM THE POINT OF VIEW OF IROS AND SS







#### OPEN ACCESS

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RECEIVED 26 March 2024

ACCEPTED 06 June 2024

PUBLISHED 01 July 2024

# Promoting dual careers at higher education institutions: 31 benefits ranked by the project Student Athletes Erasmus+ Mobility in Europe (SAMEurope)

Carlos Hernando Domingo<sup>1\*</sup>, Marta Renau Michavila<sup>2</sup>,  
Per Thorén<sup>3</sup>, Johan Bankel<sup>3</sup>, Magnus Karlsteen<sup>4</sup>, Sami Kalaja<sup>5</sup>,  
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Pascale Kohler<sup>7</sup>, Florian Agneray<sup>8</sup>, Alexia Deflon<sup>9</sup>,  
Dorothee Brac de la Perriere<sup>9</sup> and María Pilar Marín Gil<sup>10</sup>

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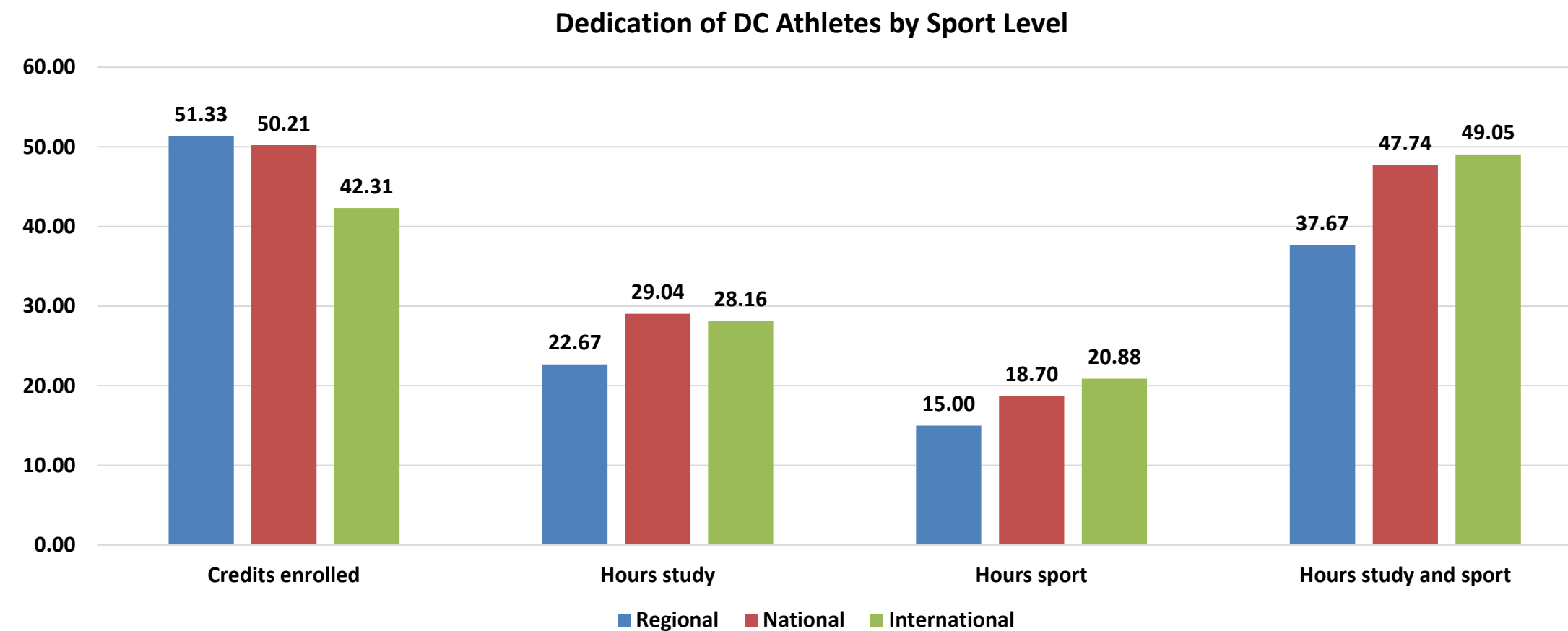
<sup>2</sup>Sports Service, Department of Translation and Communication, Universitat Jaume I, Castellón, Spain,

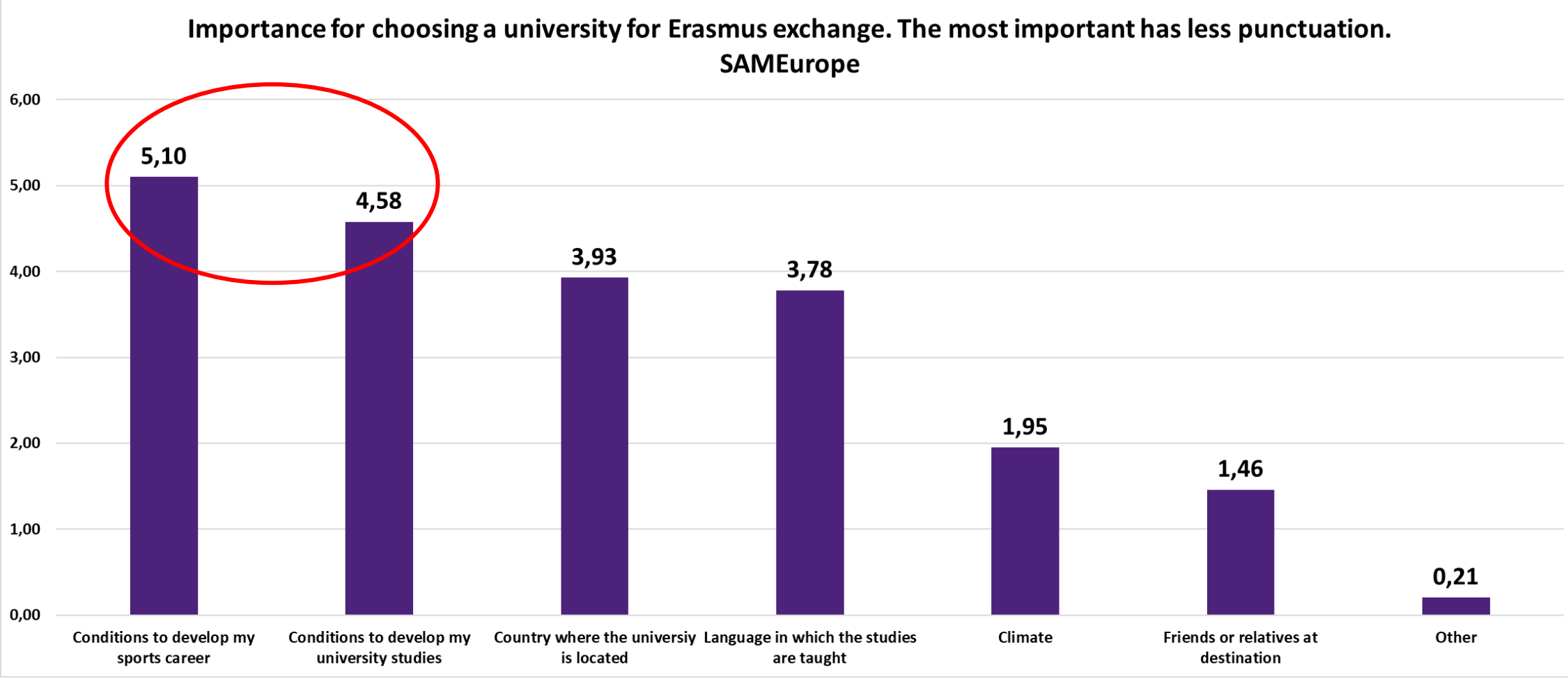
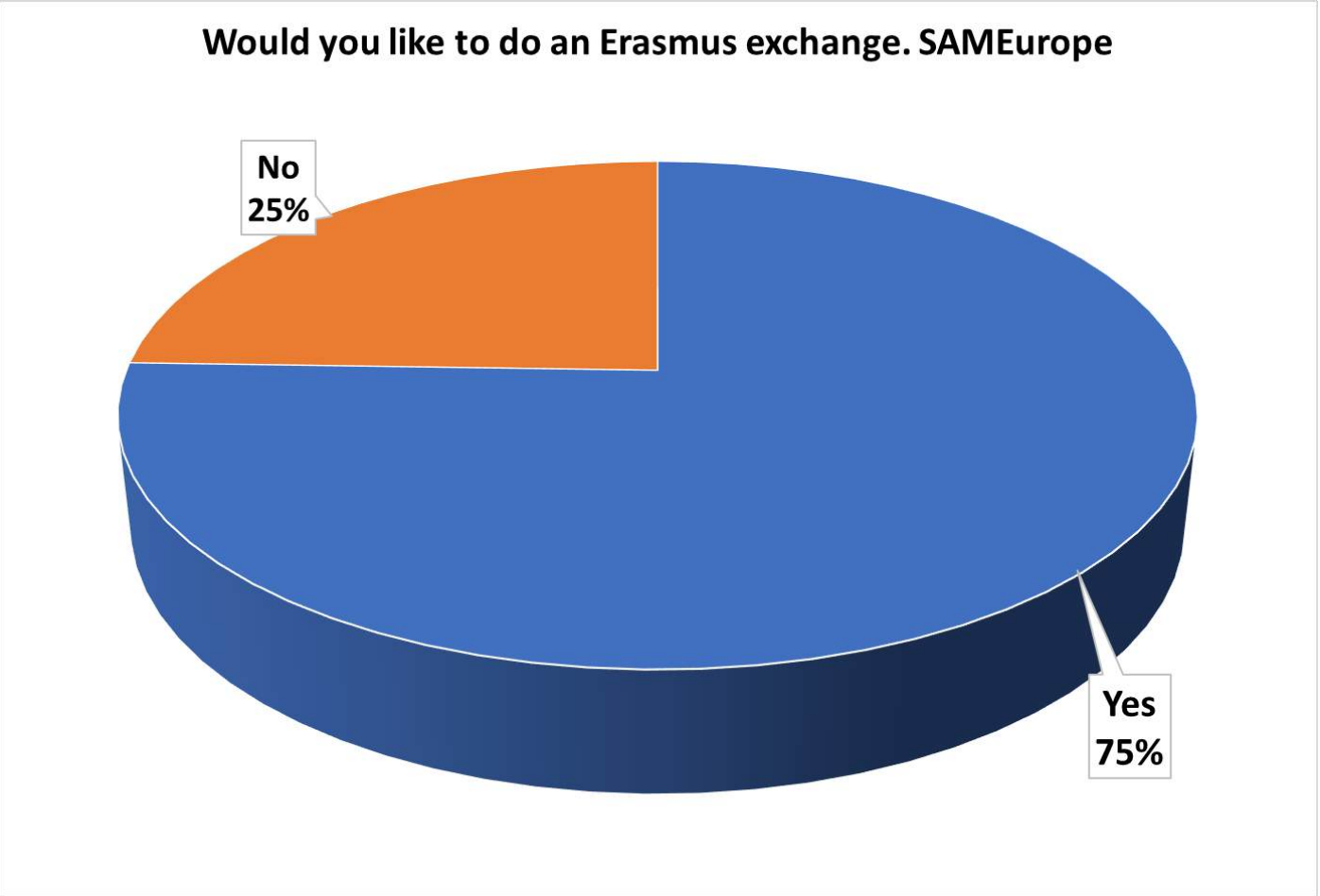




# Analysis of the opinions of DC athletes

- 208 valid answers (Qualtrics®) - 56 % women
- Master Students (33 %), Undergraduates (67 %)
- 53 different Sports
- 2 % regional level, 57 % national level and 41 % international level
  - 2 Olympic Games, 54 World Championship, 19 European Championship, 1 FISU and 10 National team









## GOOD PRACTICES

- We cannot make rules that are binding.
- The identity profile of each institution and each country is something specific that limits intervention.
- Look for elements that, if implemented, will promote common lines of work.
- Non-prescriptive practices that involve different entities to address common problems in a line of work.



Definition of  
dual career  
student





14231

Ger J Exerc Sport Res 2022 · 52:193  
<https://doi.org/10.1007/s12662-021-0451-3>  
Received: 3 March 2021  
Accepted: 7 July 2021  
Published online: 5 August 2021  
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**International Journal of Sports Physiology and Performance**, 2022, 17, 317–331  
<https://doi.org/10.1123/ijspp.2021-0451>  
© 2022 Human Kinetics, Inc

**Defining Training and Performance Caliber: A Participant Classification Framework**

Alannah K.A. McKay, Trent Stellingwerff, Ella S. Smith, David T. Martin, Iñigo Mujika, Vicky L. Goosey-Tolfrey, Jeremy Sheppard, and Louise M. Burke

**Defining elite athletes: ISSU in sport psychology**

Christian Swann<sup>a,\*</sup>, Aidan Moran<sup>b</sup>, D<sup>c</sup>

<sup>a</sup> University of Lincoln, UK  
<sup>b</sup> University College Dublin, Ireland  
<sup>c</sup> Leeds Metropolitan University, UK

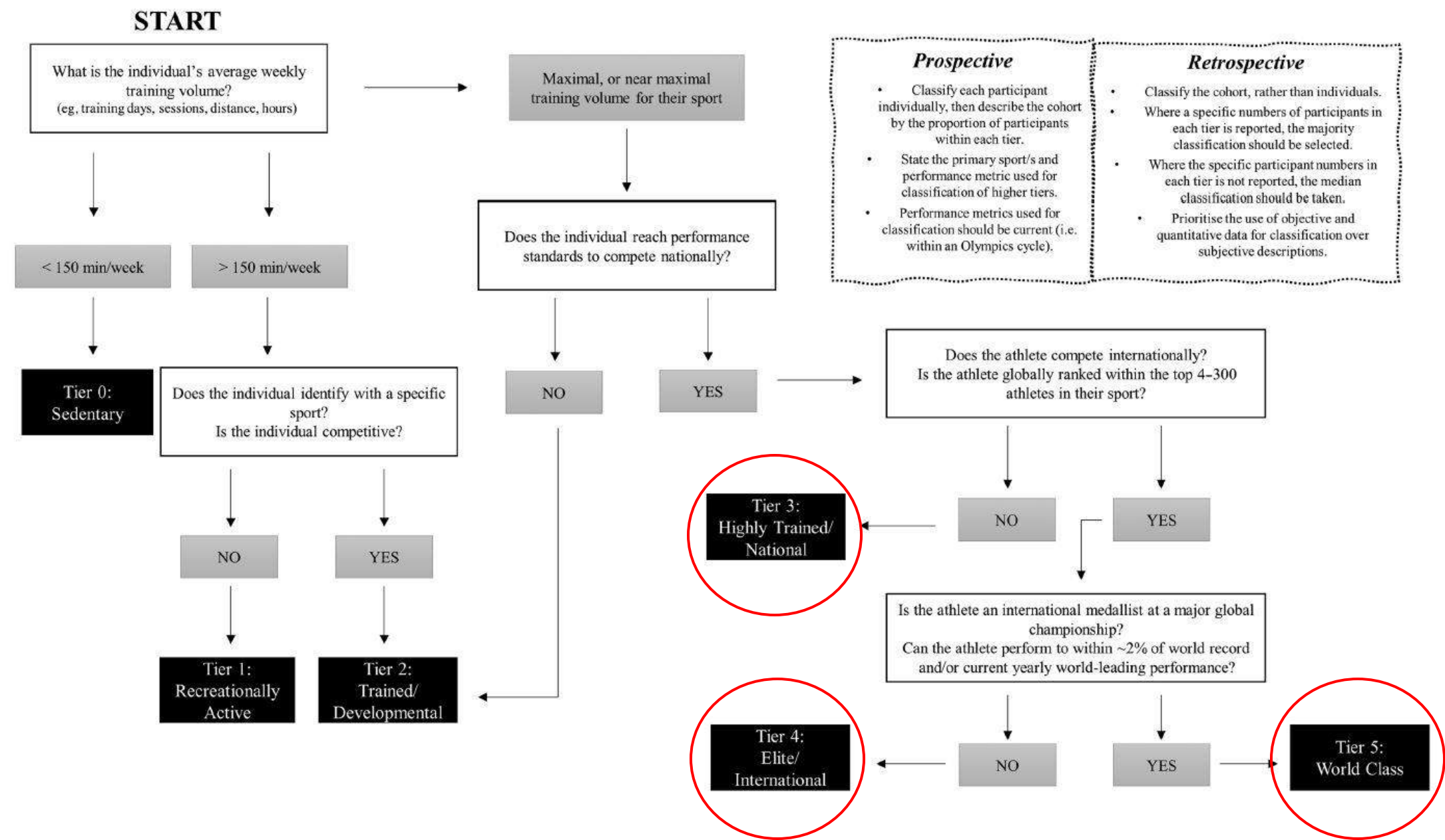


Adam L. Kelly<sup>1</sup>  
<sup>1</sup> City University, Birmingham, UK  
City South Campus, Edgbaston, UK  
City, Toronto, Canada

Human Kinetics  
INVITED COMMENTARY











Definition of  
dual career  
student



Global  
recognition for  
DC students

[LOGO]

\_\_\_\_\_  
(Date)

## CERTIFICATE OF AFFILIATION TO THE DC PROGRAMME

Name of the DC student: \_\_\_\_\_

Sport: \_\_\_\_\_

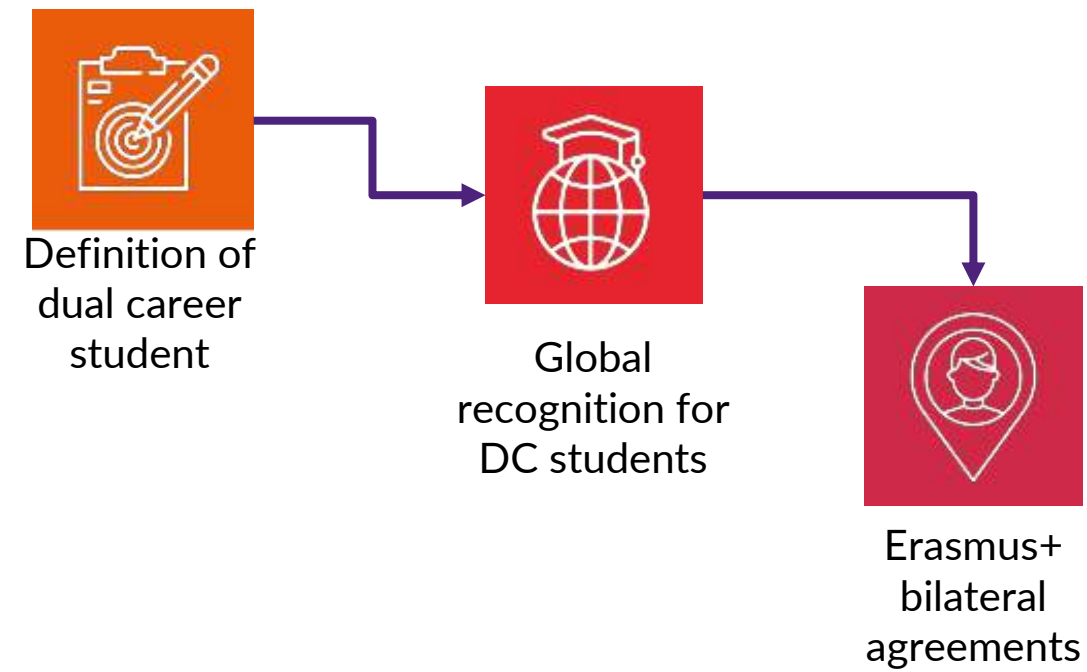
Tiers: \_\_\_\_\_

Studies: \_\_\_\_\_

I HEREBY CERTIFY that the above student is affiliated to the dual career programme  
at [name of the sending institution]

[Name of the person responsible of the DC programme]

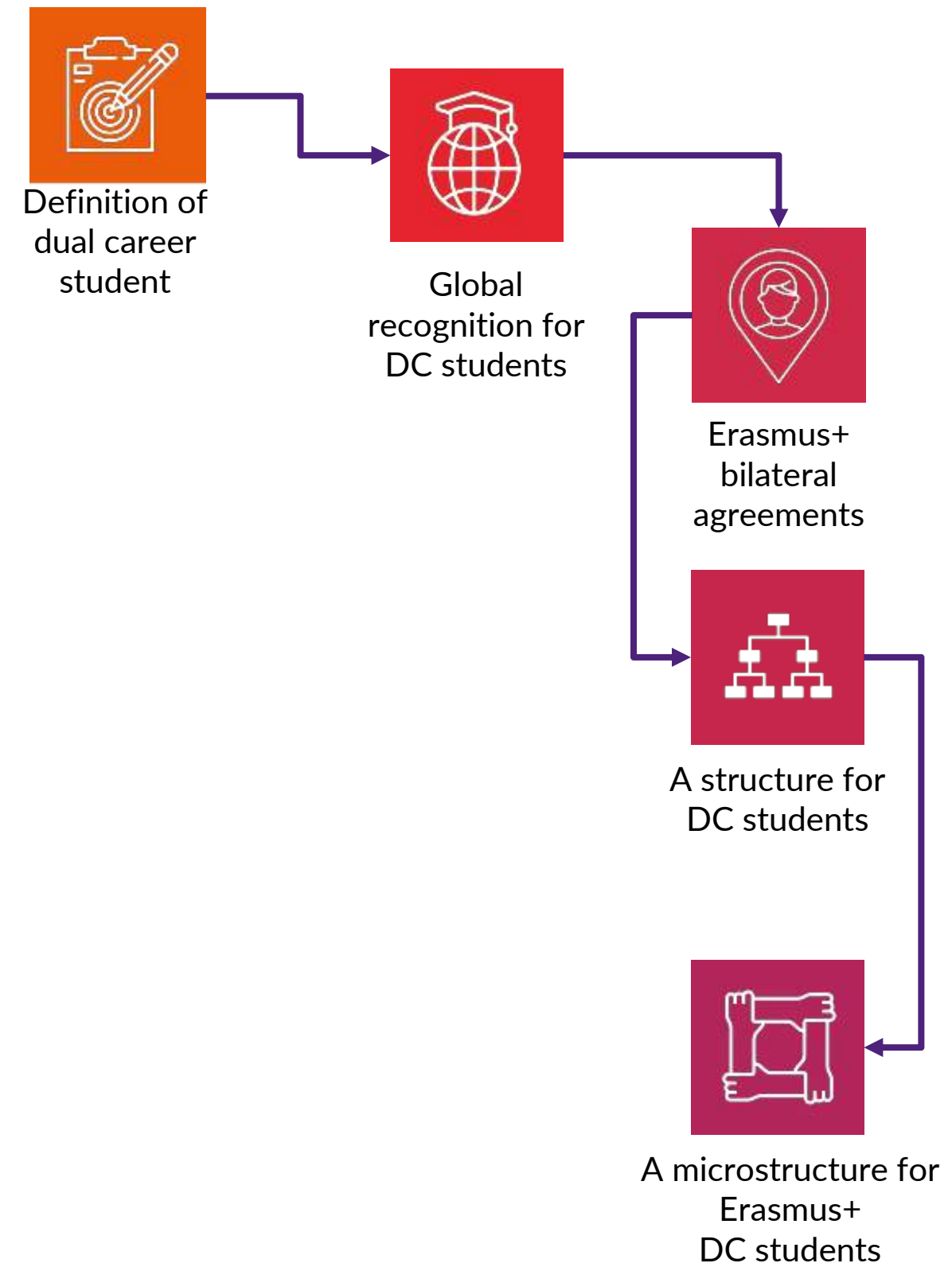
[Signature and stamp]

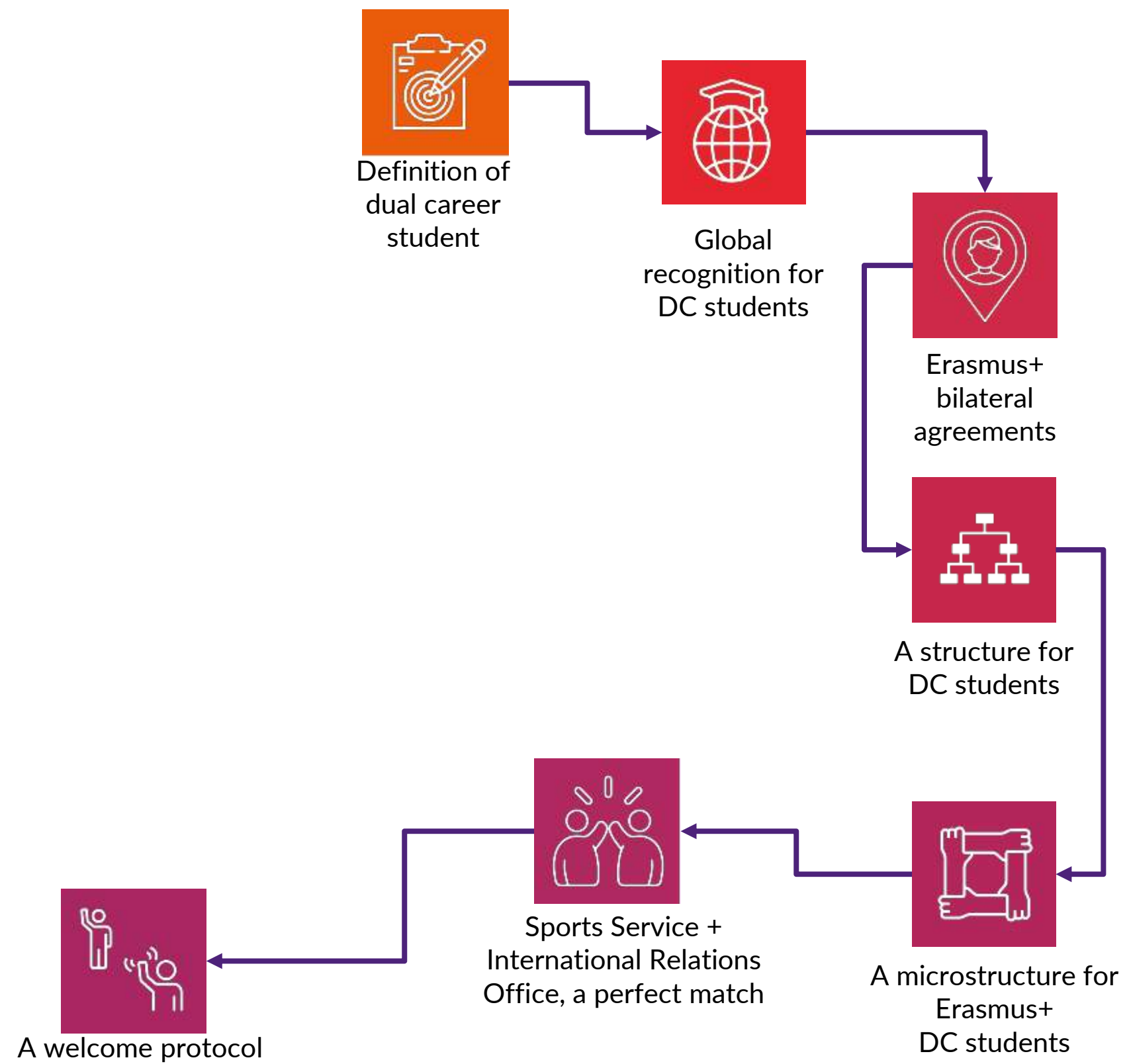


FROM [Erasmus code of the sending institution]	TO [Erasmus code of the sending institution]	Subject area code (optional)* [ISCED]	Subject area name (optional)*	Field of education-Clarification (optional)	Study cycle [short cycle, 1st , 2nd or 3rd] (optional)*	Number of student mobility periods			
						Student Mobility for Studies [total number of students]	Student mobility for Studies [total number of months]	Student Mobility for Traineeships (optional) * [total number of students]	Student Mobility for Traineeships (optional) * [total number of months]

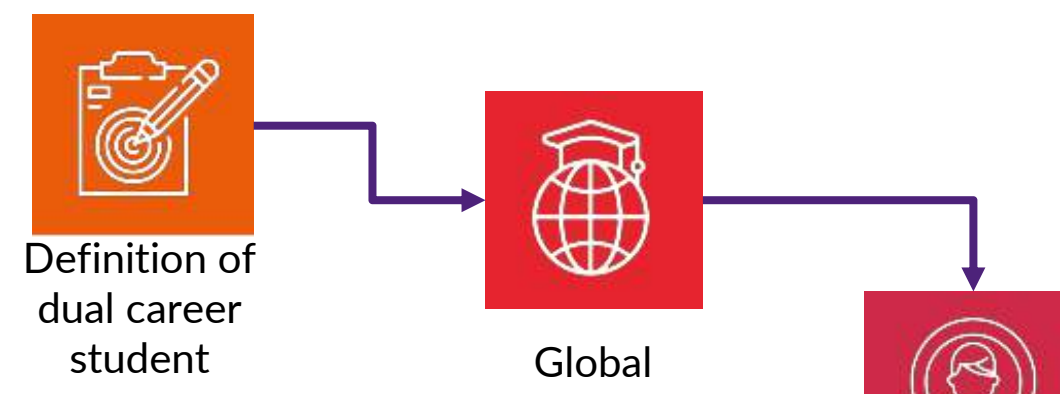
Source: <https://erasmus-plus.ec.europa.eu/es/resources-and-tools/inter-institutional-agreement>











[LOGO]

(Date)

## WELCOME PROTOCOL FOR DUAL CAREER STUDENTS

Welcome to [name of university]!

We are very pleased that you have chosen [name of university] as your Erasmus+ mobility destination. We hope that you will find the right balance between your academic studies and your sport training.

Upon arrival at [name of university], incoming Dual Career athletes are encouraged to contact the person in charge of the DC programme.

Name:

Email:

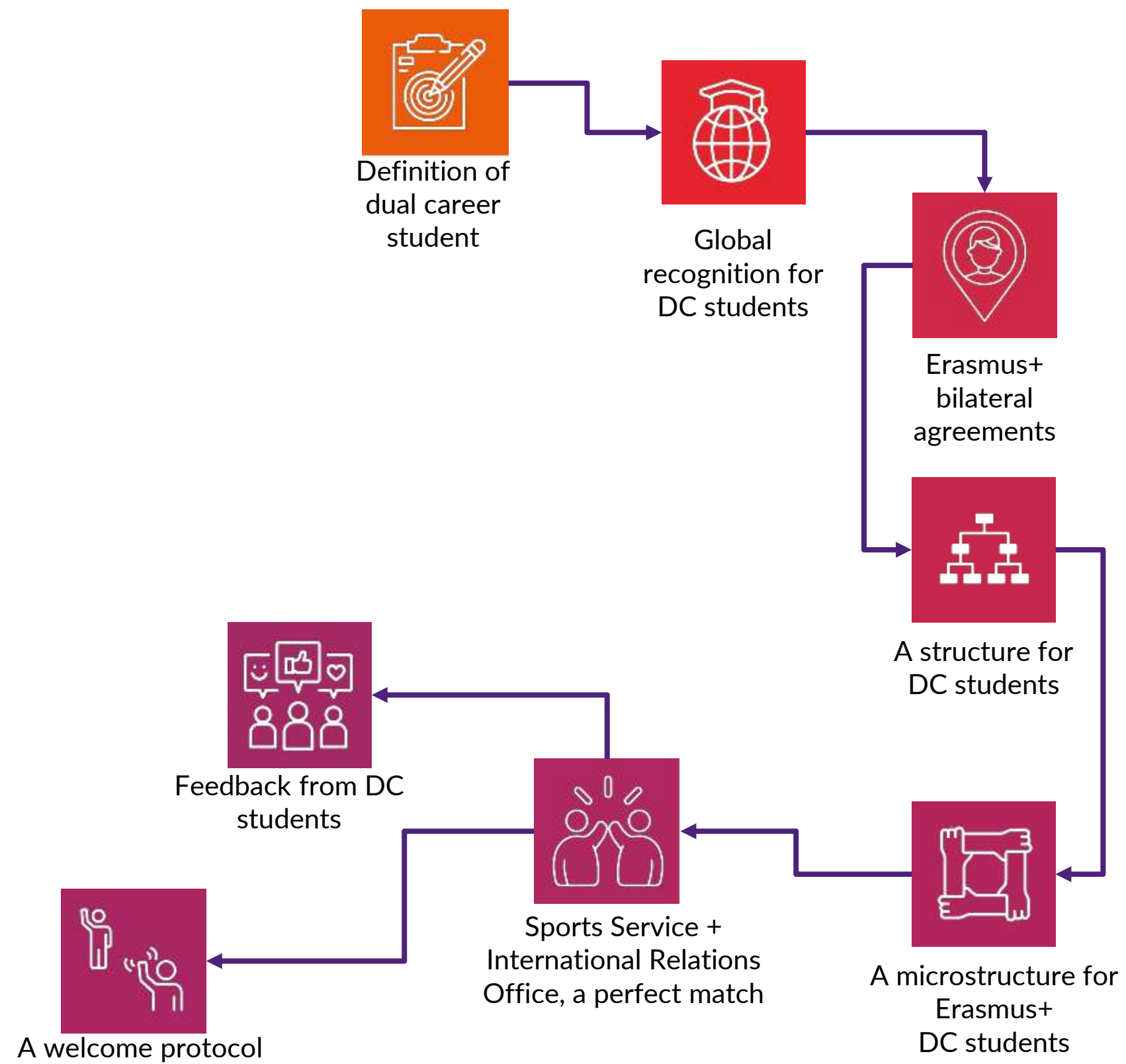
Office:

Office hours:

Once you are accepted into our DC programme, you will have access to the following benefits:

[List of the benefits]







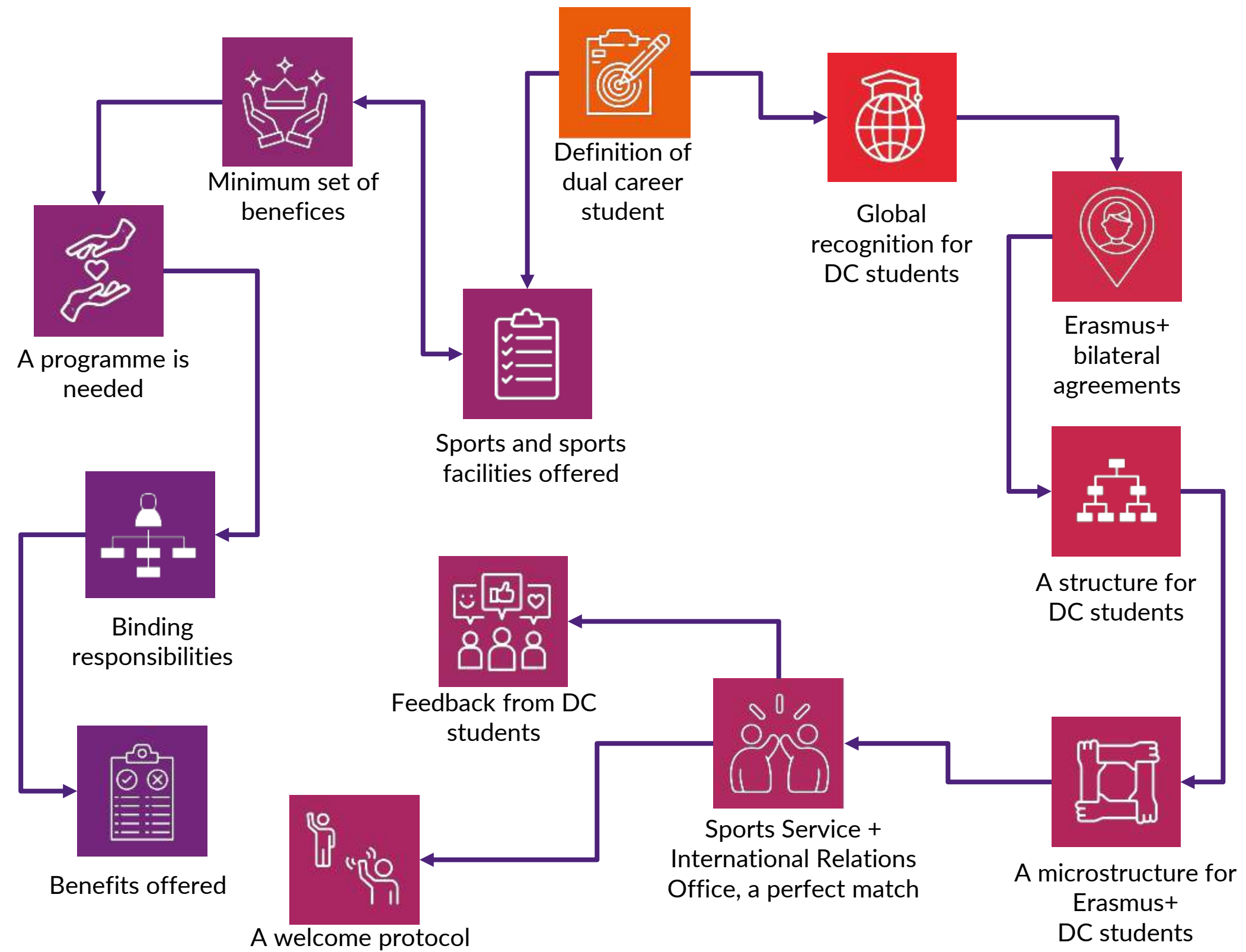


## SATISFACTION SURVEY

[To be annexed to the general survey sent to Erasmus+ students after their mobility]  
Satisfaction with the DC programme

	Very satisfied	Somewhat satisfied	Neither satisfied or dissatisfied	Somewhat dissatisfied	Very dissatisfied	N/A
Specific information for DC athletes before mobility						
Opportunities to follow a dual career						
Sports facilities						
Distance from university to training						
Quality of the training						
Benefits given by the receiving university						
Specific information for DC athletes during mobility						
To what degree would you recommend the host university for a dual degree program?						











• • •  
**Coffee Break -  
Wheelchair Basketball**  
• • •

**Florian Agneray**

**Coordinator of DC students  
mobility & Basketball and  
PE teacher - INSA Lyon**





# Presentation of the Tri'Crit' Races

**Simon Hue**

**Cycling Association -  
INSA Lyon**

# Dual Career Event - 15 May







# **SAMEurope platform**

Erasmus+ mobility opportunities  
for Dual Career students

**Per Thorén**

**Director of studies -  
Chalmers University  
of Technology**



**SAME**urope



Co-funded by  
the European Union

WP 2

# CREATION AND DEVELOPMENT OF AN IT TOOL FOR DC STUDENTS' ERASMUS MOBILITY

PER THORÉN, CHALMERS UNIVERSITY OF TECHNOLOGY, SWEDEN  
INSA LYON, MAY 2025



## DUAL CAREER MOBILITY: MORE THAN STUDIES

- **IMPACT OF MOBILITY ON SPORTS CAREER VS ACADEMIC CAREER**
- **75% OF THE STUDENTS ARE WILLING TO BE PART OF AN EXCHANGE PROGRAMME**
- **IT TOOL TO FACILITATE SEARCH FOR INFORMATION**
- **EVERY STUDENT HAS A UNIQUE SITUATION**

## **MoveOn, MOBILITY ONLINE...**

- **LOW LEVEL OF CUSTOMIZATION**
  - **ONE-WAY SYSTEM (OUTGOING STUDENTS); SENDING INSTITUTION WOULD HAVE TO MAKE SPECIAL ENTRIES FOR ALL PARTNERS AND KEEP TRACK OF UPDATES**
  - **HARD TO MAKE A STANDARDIZED PROCESS**
- ➔ A CUSTOM IT TOOL ENABLES UNIVERSITIES TO PRESENT INFORMATION TO INCOMING DC STUDENTS IN A COHERENT AND CONSISTENT WAY**



## FROM A STUDENT'S PERSPECTIVE

### WHAT WOULD A STUDENT LIKE TO KNOW? (SURVEY + FOCUS GROUP)

- CAN I FIND A SUITABLE TRAINING ENVIRONMENT (LEVEL OF PERFORMANCE, QUALITY OF FACILITIES)?
- TIME MANAGEMENT: PROXIMITY TO TRAINING FACILITY
- ACACEMIC DUAL CAREER STUDENT BENEFITS (STUDY ADAPTATION)
- SPORTS-RELATED DUAL CAREER STUDENT BENEFITS
- SPECIAL COURSES THAT ARE SPORTS RELATED?
- FINDING PEERS

## FROM THE UNIVERSITY PERSPECTIVE

### KEEPING IT SIMPLE

- EASY FOR DC STAFF TO UPLOAD DATA ABOUT THEIR UNIVERSITY
- DON'T TRY TO DUPLICATE THE ACADEMIC DATABASE (THE INFO IN MOVEON/MOBILITY ONLINE) – STUDENT DOES TWO DIFFERENT SEARCHES (ACADEMIC, SPORTS)
- STREAMLINE INFORMATION, KEEP DOWN THE ADMINISTRATION



# OPENING THE IT TOOL

YOU ARE: [Student Athlete](#) | [Sport teacher or coach](#) | [University or institution](#)



SEARCH A DESTINATION

CONTACT

[Our ambition](#) | [Guide of good practices](#) | [Sociological study](#) | [Partners](#) | [News and events](#)

## Student Athletes Erasmus+ Mobility in Europe

The first project supporting dual career students in their Erasmus+ mobility experience, co-financed by the European Commission.

OUR AMBITION



**5 renowned universities** addressing  
a European challenge...





# START PAGE

Sports

University

Location

Sport facilities

☐ Basketball court

☐ Beach volleyball court

☐ Climbing facility

☐ Cross country running circuit

☐ Dance hall

☐ Diving platform

☐ Football field

☐ Frontenis court

☐ Golf course

☐ Gym

Show all 26

Dual career program benefits

☐ Academic tutoring

☐ Adapted catering service

☐ Career advice

☐ Changing exam dates

☐ Choose class groups

☐ Discounts in meals

☐ Dual career tutoring

☐ Extension of number of exam sessions

☐ Extension of the criteria for permanency

☐ Extra credit for participation in university sport events

Show all 31

Number of students

0

46757



**Chalmers University of Technology**

📍 Göteborg, Sweden

**Profile sports:** Orienteering, Sailing

**Total number of sports:** 22

Chalmers University of Technology was founded in 1829 and was transformed into an independent foundation in 1994. Chalmers has developed leading research in the areas of information technology, life sciences, materials science, micro-and nanotechnology, environmental sciences, transport, and energy....



**Universitat Jaume I**

📍 Castellon, Spain

**Profile sports:** Track and field, Swimming, Volleyball, Football

**Total number of sports:** 24

Universitat Jaume I was founded in 1991. The campus has four faculties: Humanities and Social Sciences, Law and Economic Sciences, Health Sciences, Technology and Experimental Sciences. Universitat Jaume I is a university of proximity, where personal attention, smooth-running management procedures and high...



**National Institute of Applied Sciences Lyon (INSA Lyon)**

📍 Villeurbanne, France

**Profile sports:** Orienteering, Track and field, Rowing, Tennis, Rugby, Handball

**Total number of sports:** 33

The National Institute of Applied Sciences of Lyon (INSA Lyon) was founded in 1957 by the philosopher Gaston Berger and the education officer Jean Capelle. INSA Lyon is one of the top engineering school in France and is still set today to defend his founder's vision of the "humanist engineer". INSA Lyon offers a 5-...



**University of Jyväskylä**

📍 Jyväskylä, Finland

**Profile sports:** Track and field, Swimming, Artistic gymnastics, Cross-country skiing, Ice hockey, Basketball

**Total number of sports:** 15

The University of Jyväskylä is one of the largest and most multidisciplinary universities in Finland. It was here, in 1863, that Finnish--language teacher education began. Since then, the dialogue between research, education and society has been our driving force. We are an open and collaborative community of nearly...



# UNIVERSITY INFORMATION

< All results

## Universitat Jaume I

ABOUT

SPORT & FACILITIES

DUAL CAREER PROGRAM BENEFITS

CONTACT UNIVERSITY 



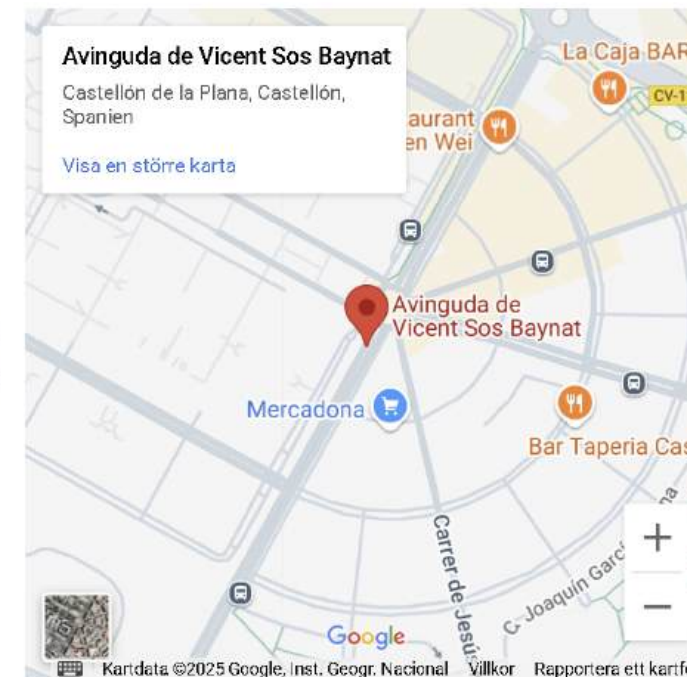
📍 Av. Vicent Sos Baynat, s/n 12006 Castellon, Spain

👤 13000 students

👤 106 DC-students

🔗 [What can I study?](#)

Universitat Jaume I was founded in 1991. The campus has four faculties: Humanities and Social Sciences, Law and Economic Sciences, Health Sciences, Technology and Experimental Sciences. Universitat Jaume I is a university of proximity, where personal attention, smooth-running management procedures and high levels of participation across all the university's members and groups are achievements of which we are proud and that strengthen our commitment. We are a university that is open to our immediate environment and to the rest of the world, with an international outlook that has been integral to our philosophy since its beginnings. We work towards an integral education for people who should find, within our community, the environment, the resources and the right encouragement to strengthen their capabilities and vocation through specific training, research and education in values and responsibilities. Link: <https://www.uji.es/mapa/uji/coneix-uji>





< All results

## National Institute of Applied Sciences Lyon (INSA Lyon)

- ABOUT
- SPORT & FACILITIES
- DUAL CAREER PROGRAM BENEFITS
- CONTACT UNIVERSITY

### Profile Sports

If you are competing in one of the "Profile sports" below, finding an appropriate training environment and teammates will be extra easy, thanks to the university's local network. For other sports, it will still be possible but require a little more work.



**Handball**

There are many top-level clubs in Lyon and the surrounding area (professional level, second, third, fourth division...).

**VHA Hand Ball:**  
<https://www.villeurbanneha.fr/>



**Orienteering**

The "pôle France" is based at Lyon-St Etienne. This is a training centre with many top athletes including the DC students of INSA Lyon. The training sessions take place around the city to reach varied and hilly training grounds (Monts du Lyonnais, le massif du Pilat...).

<https://www.fforientation.fr/hn/poles/pole-france-loire/>



**Rowing**

An Olympic and Frenc Rowing pôle is based on the Miribel Jonage Parc (20mn by car). This facility welcomes the very best athletes preparing for the world championships or the olympic games

<https://www.ffaviron.fr/equipes-de-france/acces-haut-niveau/poles-france-poles-espoir>



**Rugby**

There are many top-level clubs in and the surrounding area (professional level, second, third, fourth division...).

**LOU Rugby (with training centre):**  
<https://association.lourugby.fr/e-u21>  
**Stade Metropolitain:** <https://stade-metropolitain.fr/>

### Sports conducted by current students

An elite student athlete can be accepted in our dual career program, regardless of sport. If you do not already have a connection to local athletes within your sport, we will do our best to put you in touch with a club with the aid of the local branch of the National sports federation. Here is a list of sports our current students compete in:

Here is a list of sports our current students compete in:

- |                 |                     |                   |
|-----------------|---------------------|-------------------|
| ✓ Alpine skiing | ✓ Equestrian sports | ✓ Rowing          |
| ✓ Arm wrestling | ✓ Field hockey      | ✓ Sailing         |
| ✓ Basketball    | ✓ Figure skating    | ✓ Swimming        |
| ✓ Canoeing      | ✓ Floorball         | ✓ Table tennis    |
| ✓ Cheerleading  | ✓ Golf              | ✓ Track and field |
| ✓ Cycline       | ✓ Handball          | ✓ Weightlifting   |
| ✓ Disc golf     | ✓ Orienteering      | ✓ Volleyball      |
| ✓ Downhill MTB  |                     |                   |



# SPORTS FACILITIES

## Sports facilities

Gothenburg hosts many sports facilities not far from Chalmers, for example the athletic facilities ("Fysiken"), a 10 minute tram ride away.



**Gym**

Just off the campus and next to a large body of student apartments lies Gothenburg's main student gym facility "Fysiken". DC students can train here at a discounted price.

<https://fysiken.nu/sv/vara-anlaggningar/fysiken-traning/fysiken-gibraltargatan/>



**Indoor climbing**

On campus, the indoor climbing facility has a 10m high wall and a variety of climbing routes. It is a great place for students to stay active and improve their climbing skills.

<https://www.fysiken.nu/sv/kl%C3%A4mringar>

- ✓ Climbing facility
- ✓ Gym

## Sports facilities

Universitat Jaume I is very fond of its sports facilities: Sports Hall: Multi-purpose building with indoor basketball court, fitness room, training rooms and indoor sports halls. Every academic year, the sports activities are carried out under the supervision of monitors. The building has several floors. Racket area: This area is enabled for the practice of tennis, table tennis, badminton, and squash. There are 4 tennis courts, 4 wall padel courts and 2 glass padel courts. 2 frontenis courts, 2 squash courts, 2 badminton courts, 1 frontfit room, 1 table tennis area. Swimming pool area: Sports space with two water pools of different sizes, dedicated to spinning activities, and a theory seminar. A space where different sports activities are carried out, maintaining and improving health. Outdoors area: A space of almost 60,000 square metres in the open air that hosts individual and team sports, such as Football, Track and Field, Basketball, Roller Hockey, Beach Volleyball, Rugby and Cross country running circuit. The cross-country circuit is a dirt track, located within the UJI campus, thus providing the university with all the facilities for achieving an ideal training area for all the people of the province of Castelló, thus providing the university with all the facilities for complete training, Orienteering and workout.



**Cross country running circuit**

The cross-country circuit is a dirt track, located within the UJI campus. It is suitable for runners of all levels. The circuit is designed with the main objective of completing the magnificent sports facilities of the Universitat Jaume I and achieving an ideal training area for all the people of the province of Castelló, thus providing the university with all the facilities for achieving an ideal training area for all the people of the province of Castelló, thus providing the university with all the facilities for complete training.



**Orienteering and workout**

Orienteering and workout



**Outdoors area**

A space of almost 60,000 square metres in the open air that houses different areas for both individual and team sports, such as Football, Track and Field, Basketball, Roller Hockey, Beach Volleyball, Rugby and Cross Fit, all free of charge for all university members.

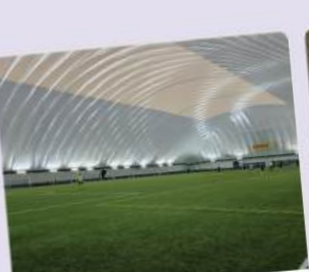


**Racket area**

This area is enabled for the practice of different racket sports. There are 4 tennis courts, 2 padel courts and 2 glass padel courts. 2 frontenis courts, 2 squash courts, 2 badminton courts, 1 indoor climbing wall, 1 frontfit room, 1 table tennis area.

## Sports facilities

TalTech's sports facilities are among the best in the Baltics, offering a dream environment for athletes of all levels. At the heart of campus stands the legendary TalTech Sports Hall, home to one of Estonia's most iconic basketball courts. It regularly hosts top-tier competitions, including Estonian-Latvian league games, and serves as a training ground for both professional athletes and everyday students. A major recent addition is the state-of-the-art indoor football arena, providing year-round opportunities for football training and matches regardless of weather conditions. This facility complements TalTech's existing network of modern gyms, group training studios, table tennis and badminton halls, as well as a dedicated wrestling and martial arts space. TalTech also proudly hosts a professional volleyball team, competing in the Baltic Volleyball League. These matches bring vibrant energy to campus, drawing fans and showcasing high-level play from student-athletes who represent both the university and Estonia. Beyond the walls of the Sports Hall, the TalTech campus itself becomes a training ground. Surrounded by lush greenery and located in the heart of Mustamäe, TalTech is a haven for outdoor enthusiasts. In spring and summer, students and locals enjoy tennis, beach volleyball, outdoor basketball, and disc golf, all available on campus. Well-maintained running tracks loop through scenic areas, while in winter, these same paths become tracks for cross-country skiing, offering a rare mix of urban convenience and natural tranquility. This green campus atmosphere isn't just beautiful—it's functional. The tall pine trees and expansive lawns create a peaceful, clean, and energizing environment that motivates people to stay active. It's one of the main reasons athletes love training here. Whether you're pursuing high-level competition or simply looking to stay fit, TalTech offers an inspiring and supportive space to move, train, and thrive.



**Raja (TalTech) Football Hall**

The Raja Football Hall, situated on TalTech's Mustamäe campus, is Estonia's largest full-size indoor football facility. Opened in early 2023, it features a double-layer air dome and artificial turf, enabling year-round training and matches regardless of weather conditions. Developed in collaboration with Tallinna Kalev and the Estonian Football Association, the hall serves both university teams and the wider community, enhancing Tallinn's sports infrastructure.

Photo by Philipp Rapp



**TalTech Sports Hall**

The TalTech Sports Hall is one of Estonia's most iconic indoor sports facilities. Located in the heart of campus, it features a legendary basketball court, modern gyms, group training halls, badminton and table tennis courts, and areas for wrestling and martial arts. It regularly hosts top-level competitions, including professional basketball and volleyball league games, making it a vibrant hub for both elite athletes and everyday fitness enthusiasts.

<https://taltech.ee/en/sports-club>

Photo by Hendrik Osula

- ✓ Basketball court
- ✓ Beach volleyball court
- ✓ Dance hall
- ✓ Football field
- ✓ Gym
- ✓ Multi-purpose indoor hall
- ✓ Streetball field
- ✓ Table tennis court
- ✓ Tennis court



# DUAL CAREER PROGRAM AND BENEFITS

## Tallinn University of Technology

[ABOUT](#) [SPORT & FACILITIES](#) [DUAL CAREER PROGRAM BENEFITS](#)

[CONTACT UNIVERSITY](#) 

### Our dual career enviroment

Tallinn University of Technology (TalTech) is committed to supporting students in pursuing dual careers, particularly those balancing academic studies with high-level sports. Recognizing the challenges faced by student-athletes, TalTech has initiated a scholarship program aimed at assisting students engaged in elite sports. This initiative seeks to alleviate financial burdens, enabling students to excel both academically and athletically. For instance, Susannah Kaul, a Paralympic swimmer and architecture student at TalTech, manages a rigorous schedule of early morning swim practices, gym sessions, work commitments, and lectures. She emphasizes the importance of financial support in maintaining this balance, stating that without it, she would have to choose between her passions. Similarly, Juuso Roihu, a business student and competitive sailor, spends significant time training abroad due to Estonia's short sailing season. The costs associated with equipment upgrades and travel are substantial, and scholarships play a crucial role in supporting his dual career aspirations. TalTech's dual career support extends beyond financial assistance. The university collaborates with industry partners to offer work-based learning opportunities, such as internships with companies like Pipedrive. These programs provide students with practical experience, enhancing their readiness for future employment. TalTech Additionally, TalTech encourages student initiatives by offering funding for various projects, promoting a well-rounded university experience. Through these comprehensive support systems, TalTech ensures that students can effectively manage dual career paths, combining academic success with professional and personal development.

Benefits offered in our dual career program are marked in the list below:

<div>✓ Testing (physiology, biomechanics, perf...<div>▼</div></div>	<div>✓ General medical services<div>▼</div></div>	<div>Discounts in meals<div>▼</div></div>
<div>✓ Specialized PE teachers<div>▼</div></div>	<div>✓ Free use of sports facilities<div>▼</div></div>	<div>Extension of number of exam sessions<div>▼</div></div>
<div>✓ Scholarships<div>▼</div></div>	<div>✓ Free semesters<div>▼</div></div>	<div>Extra credit for participation in university spor...<div>▼</div></div>
<div>✓ Private use of sports facilities<div>▼</div></div>	<div>✓ Extension of the criteria for permanency<div>▼</div></div>	<div>Extra points in Erasmus evaluation<div>▼</div></div>
<div>✓ Physiotherapy<div>▼</div></div>	<div>✓ Dual career tutoring<div>▲</div><div>DC athletes have someone to help them to balance sports and academics, and to connect with the right people in the sports fields</div></div>	<div>Online exams<div>▼</div></div>
<div>✓ Partial enrolment<div>▼</div></div>		<div>Remedial courses<div>▼</div></div>
<div>✓ Online courses<div>▼</div></div>	<div>✓ Changing exam dates<div>▼</div></div>	<div>Reservation of places for general sports courses<div>▼</div></div>
<div>✓ Nutritionist<div>▼</div></div>	<div>✓ Career advice<div>▼</div></div>	<div>Separate academic group<div>▼</div></div>
<div>✓ Mental health support<div>▼</div></div>	<div>✓ Adapted catering service<div>▼</div></div>	<div>Specific courses offered<div>▼</div></div>
<div>✓ Justification of absences<div>▼</div></div>	<div>✓ Academic tutoring<div>▼</div></div>	<div>Use of sports facilities at a discounted fee<div>▼</div></div>
<div>✓ Housing<div>▼</div></div>	<div>Choose class groups<div>▼</div></div>	



**OPEN TO ALL**

## **WIDER TESTING WITH SELECT UNIVERSITY PARTNERS**

- **BUG FIXES, IMPROVEMENTS TO ADMINISTRATOR BACKEND**

## **UNIVERSITIES ALL ACROSS EUROPE ARE NOW INVITED TO JOIN**

- **THE MORE UNIVERSITIES IN THE DATA BASE, THE HIGHER THE CHANCE OF STUDENTS FINDING A GOOD MATCH!**
- **LEARN FROM EACH OTHER**
- **BUILDING RELATIONSHIPS**

**➔ [HTTPS://WWW.SAMEUROPEPROJECT.EU/CONTACT/](https://www.sameuropeproject.eu/contact/)**



⋮⋮⋮

# What about the future of SAMEurope? ⋮⋮⋮

**Thalia Darnanville**

**European project  
Manager - INSA Lyon**



# WHAT ABOUT THE FUTURE OF SAMEUROPE?

## First Objective : Running a new project

*to provide the continuity needed to extend and reinforce the objectives of the ongoing SAMEurope project*

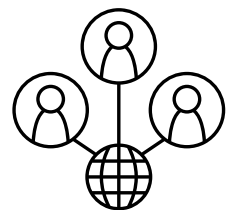
- New proposal sent in March, waiting for the results,
- Anyway, we are already seeking for an alternative path if not accepted.



# THE PARTNERS

We have a slightly larger consortium

And we keep the same duo:



International  
Relations



Sports





# 3 NEW AXIS

- 1 Provide input and advocate for the **recognition and normalisation** of the international mobility of DC students



# 1 - RECOGNITION AND NORMALISATION OF THE INTERNATIONAL MOBILITY OF DC STUDENTS

Draw up a **Position Paper** and implement an advocacy plan to convince:

- policymakers and stakeholders of the higher education
- the Erasmus+ programme and
- the university sport landscapes

of the necessary changes in their respective framework.





# 3 NEW AXIS

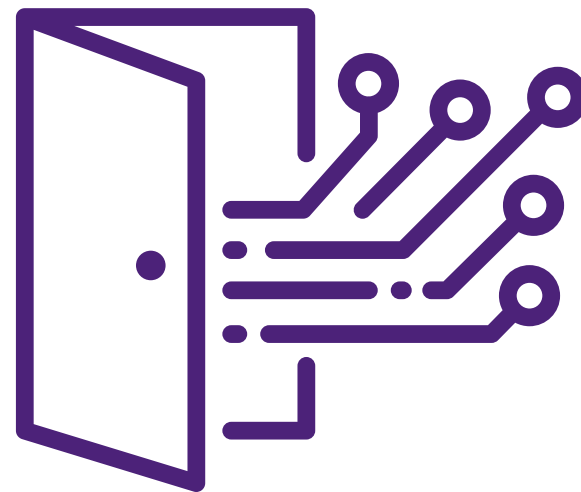
- 1 Provide input and advocate for the **recognition and normalisation** of the international mobility of DC students
- 2 Provide **sustainability** SAMEurope



## 2 - PROVIDE SUSTAINABILITY SAMEUROPE

SAMEurope+ will make this platform **the gateway to its network**:

Enter the platform's network and  
ensure its sustainability.





# 3 NEW AXIS

- 1 Provide input and advocate for the **recognition and normalisation** of the international mobility of DC students
- 2 Provide sustainability SAMEurope
- 3 Nurture and **develop the network** of SAMEurope+



# 3 - NURTURE AND DEVELOP THE NETWORK OF SAMEUROPE+

Beyond the initial objectives, the ongoing project has revealed a **double need**:

- Mentoring programme
- Protocol focusing on the coaches.





# ADDED VALUE TO THE EU

**This project has an added value to the EU as:**

- **Fosters the internationalisation of DC student**
- **Helps reducing the inequality of access**
- **Makes the Erasmus+ programme more inclusive.**





# Presentation of the EAS

European Athlete as a Student

**Laurence Blondel**

**Executive Board  
Member - EAS**





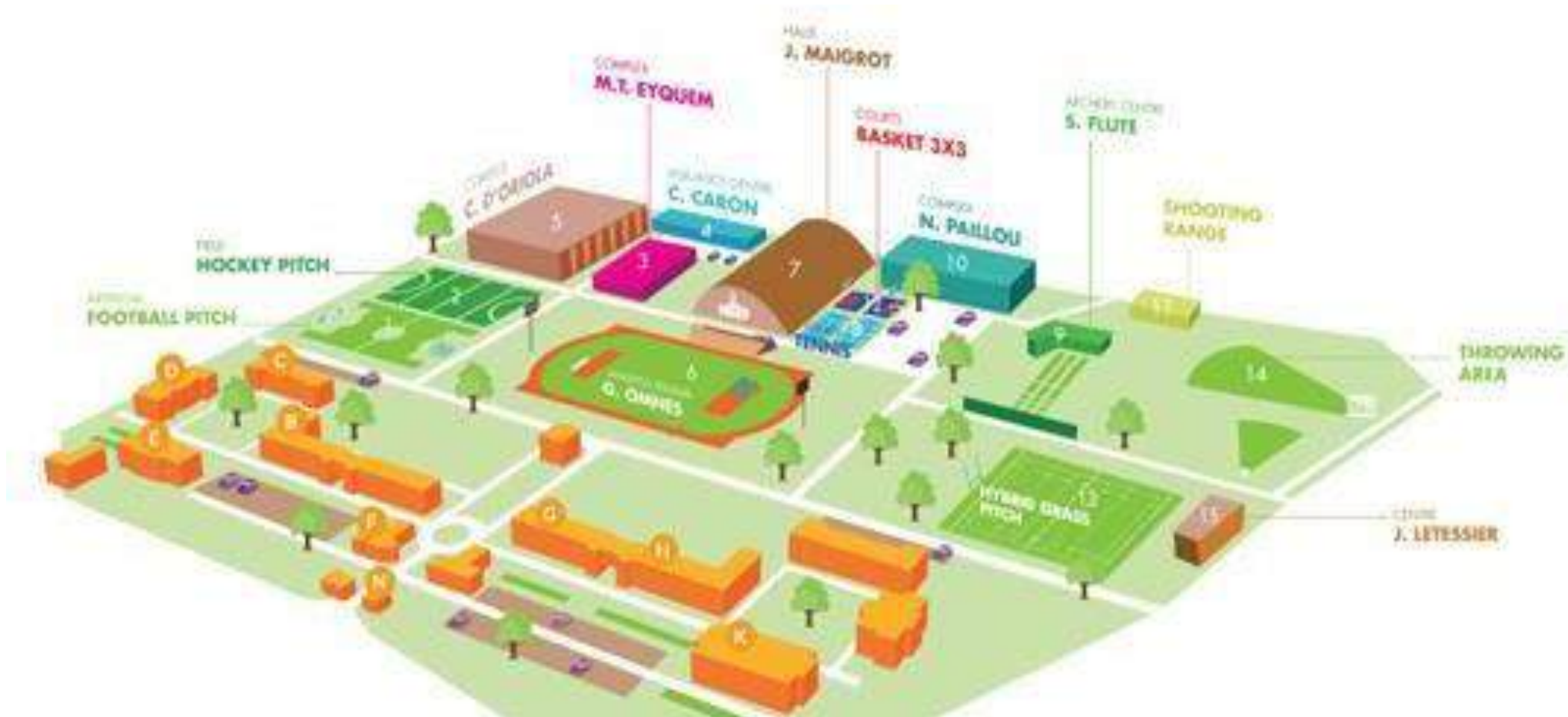
Laurence BLONDEL– INSEP HIGH LEVEL Department  
[laurence.blondel@insep.fr](mailto:laurence.blondel@insep.fr)





# 70 Years of history

French Olympics Teams  
French Paralympic Committee (CPSF)  
moved its headquarters to INSEP in  
2017





# STRIVING FOR EXCELLENCE

*"As one of the world's foremost Olympic and Paralympic training centres, INSEP illustrates France's savoir-faire, which blends technical and scientific expertise with a genuine respect for the athletes. We provide the talent of tomorrow and the champions of today with cutting-edge training and preparation methods that associate their coaches and backroom staff."*

28  
OLYMPICS &  
PARALYMPICS  
SPORTS

780

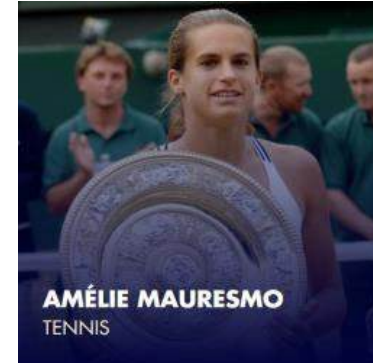
ELITE ATHLETES

2  
RESEARCH LABS

280

FEDERAL COACHES

300  
COLLEAGUES



INSEP



Contributing to the success of every athlete who passes through its doors is at the heart of the INSEP's objectives.



Since Sydney 2000, INSEP has accounted for more than 50% of French Olympic medals

**PERFORMANCE**

**EXPERTISE**

**SAFE SPORT**

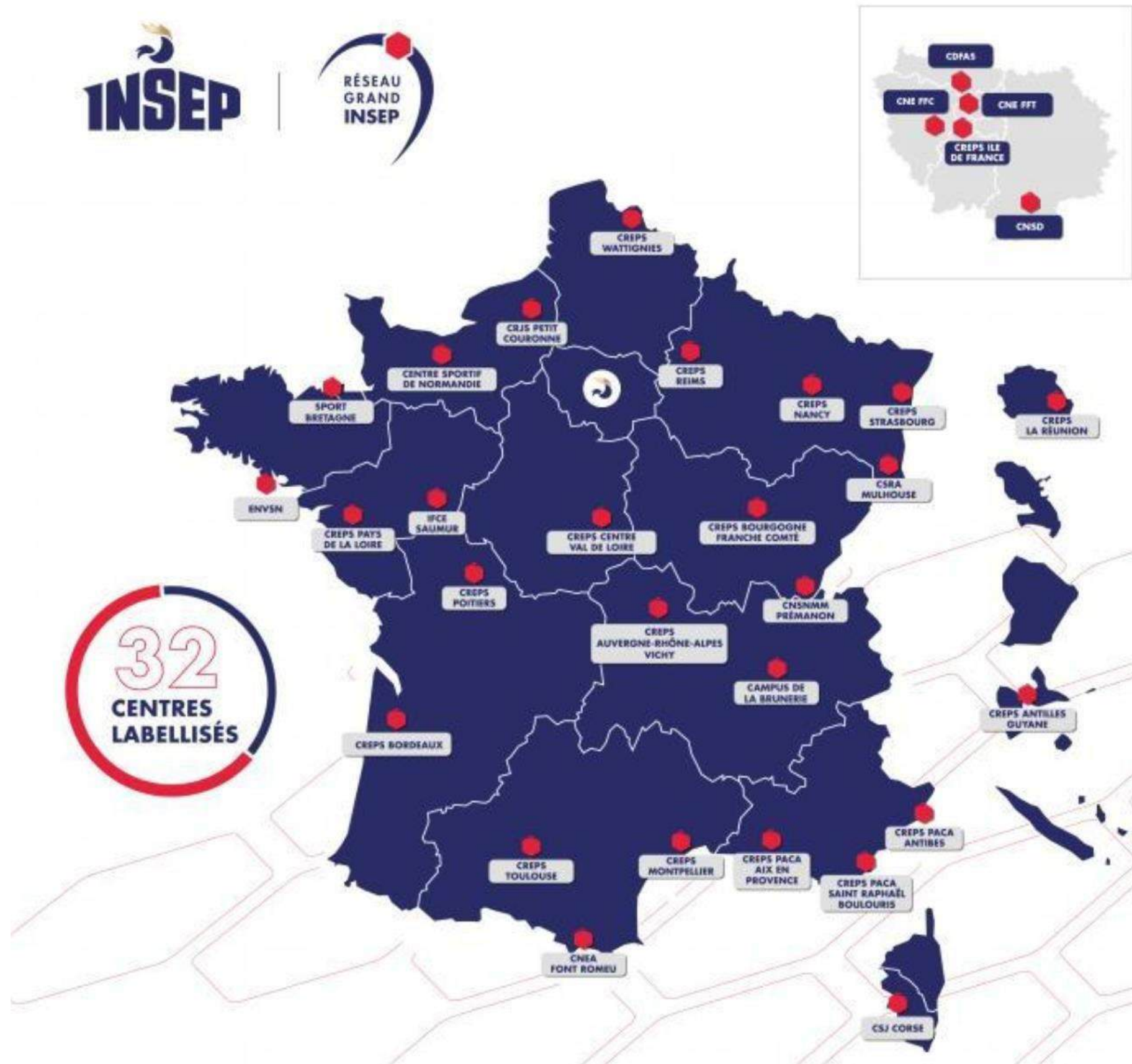
**PASSION FOR SPORT**





# 32 High level center throughout France

## CREPS





# DUAL CAREER at INSEP

**INSEP's elite athletes are entitled to personalized support for:**

- **school-level,**
- **university**
- **and professional training.**







# Dual Career in France

## The new governance of high-level sport in France

**Ministry of Sports, Olympic and Paralympic Games:** leads and gives strategy

**National agency of sport :** implement the strategy

2 topics

**Development policy** of sport on the territory

**Support elite athletes and federations**

Difference between: elite level and high level  
More facilities for elite athletes

**Training conditions**

**Life project during and after the career : Since 2012:** studies , employment,  
financial support...

**INSEP:** special unit since 25 years dedicated  
to dual career (4 persons)



# What is a high level athlete in France?

## **Registration on the ministerial list**

**There are 4 different categories included in the Elite athlete list, which provide rights and prerogatives**

**(European, World and Olympic Games)**

**Elite athletes,**

**Senior athletes,**

**New generation athletes,**

**Retired athletes.**

**These categories are very important because the French Ministry support all this athletes in other case the aids are not the same (for youngest and athletes who are not in these lists)**



# STUDIES AT INSEP



**French classical general & technical curriculum**



**100% success rate at the french baccalaureat graduation**

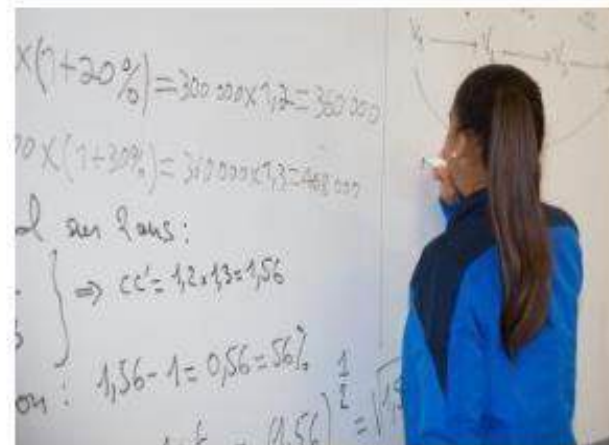




# The courses

**The institute has developed a range of initial and continuous training courses suited to meet the needs and constraints of those involved in elite sport.**

**→ This includes courses that lead to qualifications, customized programs, vocational training days, conference sessions and professional support.**



Secondary education



Higher education



Professional training



Distance learning



The training programs, with around 30 pathways currently available at INSEP or in institutions that have signed agreements with INSEP, are adapted to the schedules of elite athletes.

**Classes are provided on site and/or as distance learning depending on athletes' availability.**

**INSEP signed partnership with:**

- Sorbonne University
- National Conservatory of Arts
- National School of Physical Therapy and Rehabilitation
- University Institute of Technology in Créteil

Nearly 190 athletes took part in external study courses outside the walls of INSEP, with a growing variety of training options (hotel business, IT, banking/insurance, construction and public works, arts and entertainment, etc.).



# How INSEP supports future Olympic champions through their 360° project: sports, life and studies?

**Young athletes already possess great maturity, team spirit and competition that they put to work in their training program.**  
→ **They develop skills of which they are not necessarily aware.**

**By accompanying them in their life project, and their professional project from their arrival at INSEP, we also contribute to their sports emergence, because all three are connected**



**Aide à la scolarisation des  
sportifs de haut niveau**

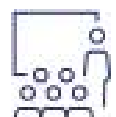
Double cursus de formation  
vers l'excellence



# Trainings Built by INSEP



**Athletic dimension**



**Management dimension**



**Human dimension**



**Training and high performance dimension**



**Technological and scientific dimension**



**Social dimension**



**1 Executive Master**

**6 Certificates**  
**Ex: «mental dimension & performance »,**  
**«performance analyst »...**

**Trainings without certificate**  
**(9 modules, 2 professionalisation**  
**days, 2 co-coaching groups)**



# DUAL CARRER PHILOSOPHY

Taking the specificity of each athlete for a global performance project and for their futur life(after retirement)

Where am I going?  
who am I ?  
what will be my life?







# Our philosophy at

- School and university training nourishes and is fed by high-level sports practice  
**REQUIREMENT**
- School and university training allows you to get a step back on the risks of high level athletes  
**STRUCTURING'S LIFE**
- The dual career project must be based on a balanced, clear and reliable organization for all actors in the dual career  
**READABILITY**
- The success of the dual career is a collective success, for all of its actors  
**COMPLEMENTARITY**



# How INSEP supports life project?

What kind of support?

- A special unit with 4 persons : Referents
- Each referent is in charge of a certain number of INSEP's French sports high elite centers and federations
- The role of each referent: receive and monitor throughout the year each athlete in INSEP

**A colleague is in charge of life project for**

Each **federation** and for each **elite center** on the territory

In each federation, there is a specific financial support

and for each high level training center, there is one person in charge of taking care of studies

**Work on each training and professional project**

Be the interlocutor for each federation,

Set up all studies by working with each university and school

**Each project is completely individualized**





# Specificity at INSEP

## Life project work

### WHEN

Professional interests validated by the support unit, taking into consideration the training schedules and loads  
Collaborative work with all actors.

### HOW

Study with each of the feasibility of these training courses in view of the sporting constraints, school results, etc. Athlete, FD, trainer, INSEP, Establishments university, school...

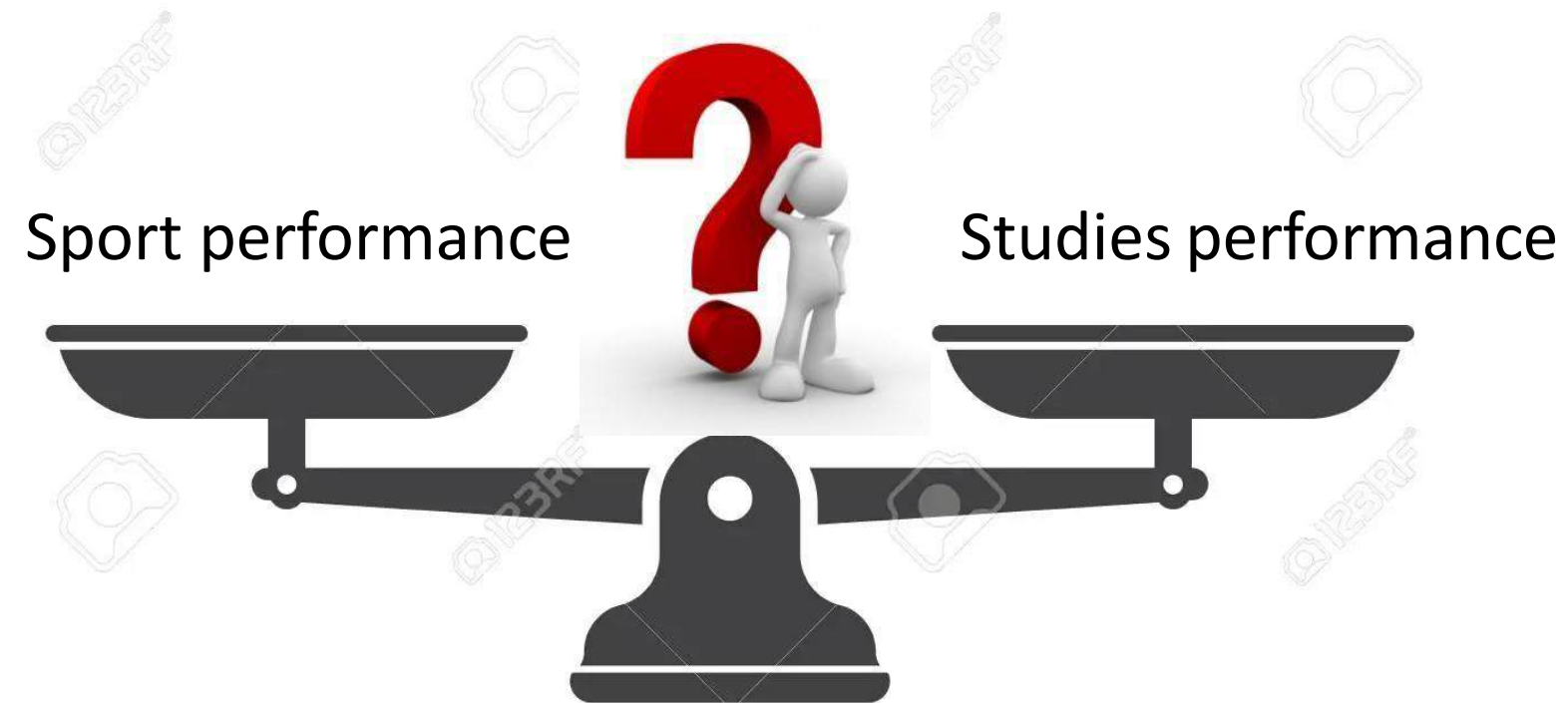
### DECISION

Collegial decision: Elite Athlete, manager of the sports center, trainer, training manager, external studies manager, project support service manager, etc.

### SUPPORT

Individualized monitoring throughout the year by the INSEP Referents in permanent contact with the French resident sport, the coaches...

# Find a balance in the imbalance



The need for some high-level athletes **to reconcile sport performance and studies**  
To be **accompanied in their long or very long-term projects**

The need to put in square **specific and individualized course and schedule arrangements** for very unique high-level athletes,

**according to their own time frame**





## RETRAINING AND CAREER CHANGE

**Preparations for the end of a career start far upstream, at least one year before the planned end date.**

**INSEP's Elite Athlete Training and Support unit works closely with INSEP's Psychology unit to offer the opportunity for an end-of-career psychological assessment for each athlete who requests this.**

**As part of their employment, retraining or career change support measures, current or former elite athletes are given an interview to help them with their professional integration steps.**

**Developing skills assessments and transition support (coaching, mentoring, self-confidence exercises, etc.).**

**Athletes are offered work placements, internships or job opportunities when this can help them with their career development plans.**



# INSEP's Educational offer



INSEP offers life coach training for person in charge of the dual project in training centers and in the federations. A training course for 1 year and a half with a research paper to defend







# The European Athlete as Student network: Implementing the European Guidelines of Dual Career Sportspersons

[\(www.dualcareer.eu\)](http://www.dualcareer.eu)



**Laurence Blondel (board member EAS)**

[Laurence.Blondel@insep.fr](mailto:Laurence.Blondel@insep.fr)



# The Vision



Risto Keskitalo



Bengt Nybelius  
(



# The European Athlete Student The European Athlete Student



**Based on the United Nations Human Right**  
to Play and to Education and Training

**Founded in 2004** with the support of EU Commission to help  
elite athletes combining sport and education



**Exchange of dual career best practices between countries** in  
establishing links between educational institutions, sports  
organizations, and companies for the benefit of student-  
sportspersons and employee-sportspersons.

# EAS Board Members

## EAS Board Members



**Laura Capranica President (Italy)**

**Mojca Doupona** Treasurer (Slovenia)

**Laurence Blondel** Executive Board member (France)

**Ole Keldorf** Executive Board member (Denmark)

**Ilvis Abelkans** Executive board member (Latvia)

**Antonio Figueiredo** Executive Board member (Portugal)

**Antonio Sanchez Pato** Executive Board member (Spain)

**Risto Keskitalo** Honory President (Finland)

**Tibor Kozsla** Honory President (Hungary)



# CHALLENGES



**Awareness** of the dual career role and responsibilities



**Knowledge** of the dual career phenomenon  
(research)



**Effective dialogue** between the dual career stakeholders  
(networking)



**Vision** of possible improvements/solutions to provide  
equal, but different, dual career support  
(innovative projects)

# Awareness of the Dual Career Role and Responsibilities

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The parents

The former student-athlete

The sport staff

The university staff

The policy makers

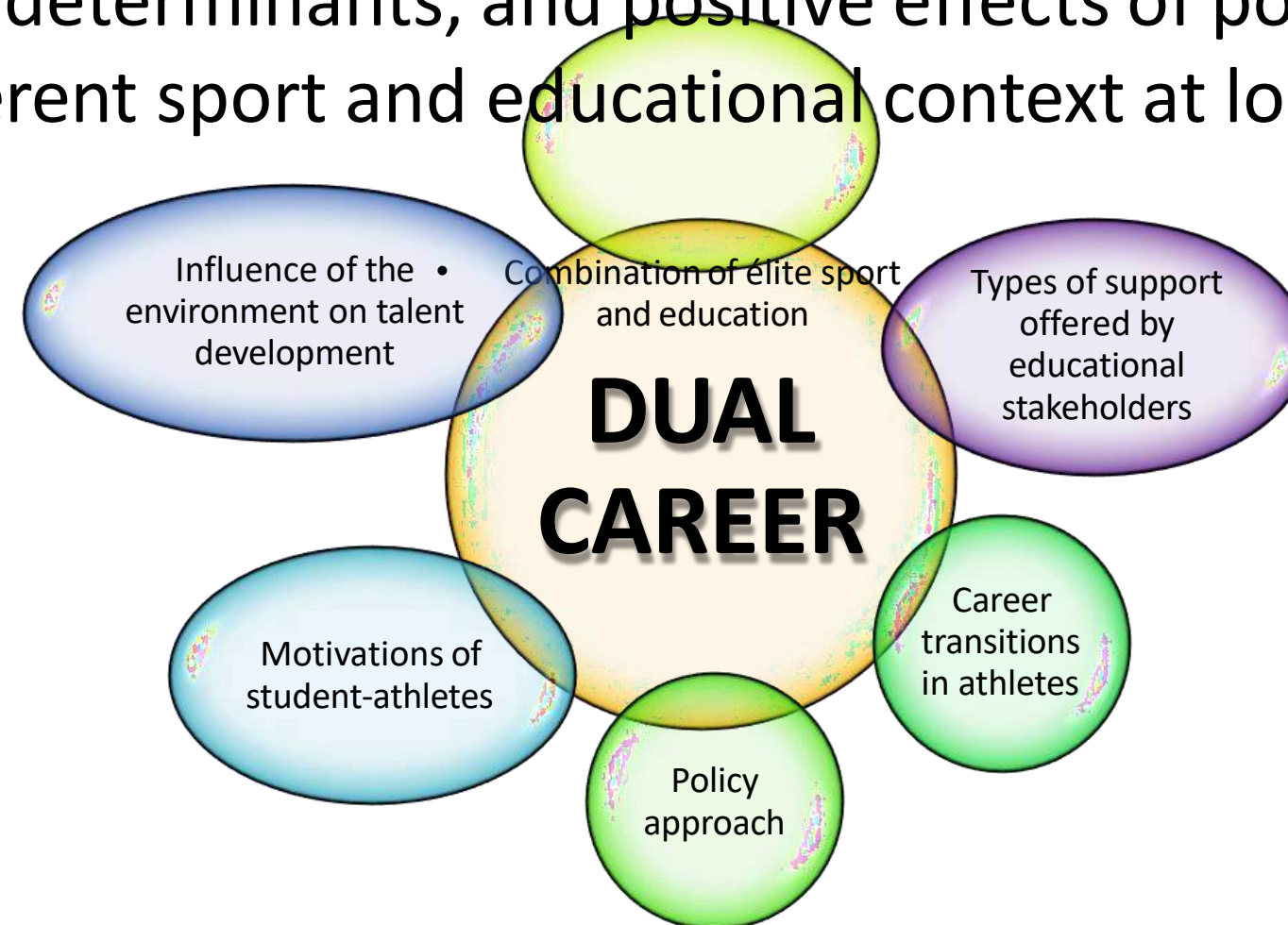
The international organizations

The media



# Knowledge of the Dual Career Phenomenon

- Research on dual career is crucial to highlight actual situation, problems, needs, support, key determinants, and positive effects of policies and programmes in different sport and educational context at local and international level.



Difficulty in generalizing findings due to **confounding factors** (e.g., gender, age, type and sport experience, academic major and level, socioeconomic, contextual, organizational and policies at local, national, and international levels)

# The Role of EAS in Sustaining Young Researchers



## The Bengt Nybelius Scholarship



**Aims:** to facilitate the integration of outstanding young researchers in the area of dual career

**Requirements:** submit as first author an original and unpublished manuscript related to the scope of EAS

**Award:** travel, subsistence, and registration fees to present the research at the EAS Conference



# OPPORTUNITIES

## The Role of EAS in Networking Within and Beyond Europe



EU Parliament



EU Commission



EPAS Council of Europe



EU Rectors' Conference



Mediterranean Universities, UNI-Med



EUSA



FISU



World TKD



IASF



EFPM



SISMES

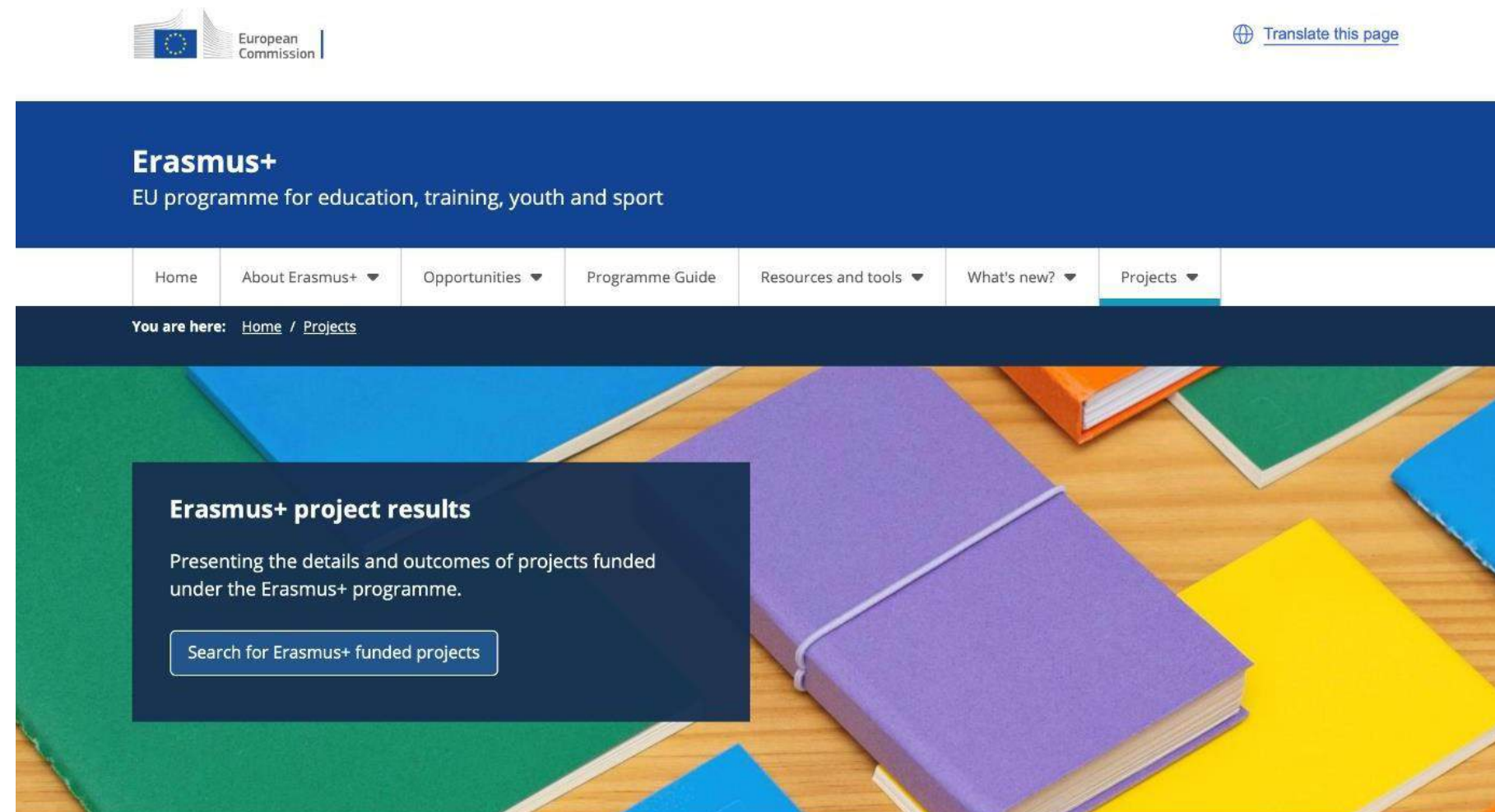


ABDC



ENSE

# Networking: The European ERASMUS+Sport



**Projects that inform, transform and inspire**

<https://ec.europa.eu/programmes/erasmus-plus/projects/>



# The Involvement of EAS in EU Dual Career

([www.dualcareer.eu](http://www.dualcareer.eu))



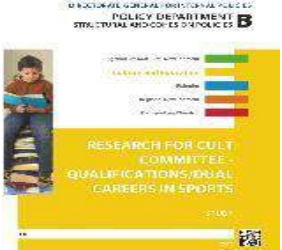
Co-funded by the  
Erasmus+ Programme  
of the European Union

COMPLETED

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BETTER  
BOARDS  
STRONGER  
SPORT



# Examples of relevant outcomes (1)

(<https://erasmus-plus.ec.europa.eu/projects>)



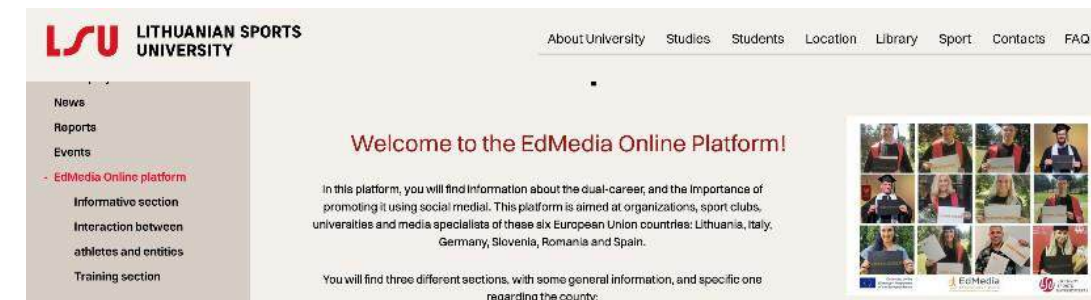
<https://edu.empatiasport.eu/pt/>



<https://starting11.eu/toolkits/>



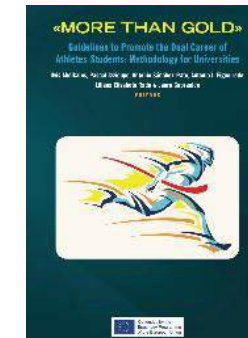
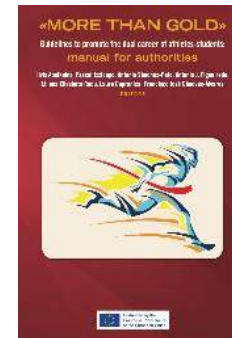
<https://www.lsu.lt/en/project-edmedia/edmedia-online-platform/>



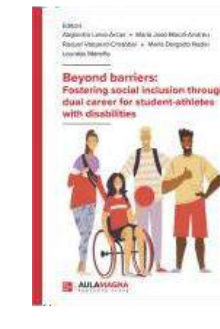


# Examples of Relevant Outcomes (2)

(<https://erasmus-plus.ec.europa.eu/projects>)



<https://erasmus-plus.ec.europa.eu/projects/search/details/603346-EPP-1-2018-1-LV-SPO-SCP>



<https://erasmus-plus.ec.europa.eu/projects/search/details/622213-EPP-1-2020-1-ES-SPO-SCP>



<https://www.bravadualcareer.eu/about>

# From Projects to Implementation



COMITATO ITALIANO PARALIMPICO  
ITALIAN PARALYMPIC COMMITTEE



<https://www.comitatoparalimpico.it/comunicazione/attivita/bacheca/item/permessi-retribuiti-per-gli-atleti-lavoratori-dipendenti.html>

**Starting from 2024, CIP guarantees the employment, the salary, and the social security of elite Italian employee-paralympic athletes of the public or the private sectors when needing a **sport-leave** (max 90 days/year and max 30 continuous days) by reimbursing the respective employers who request it, within the limits of €1,000,000/year**

**Italian Delegation at Paris 2024 Paralympic Games n= 141**

**National ranking: 6 position with 71 medals (24 gold, 15 silver, 32 bronze)**



# EAS in EU Dual Career Projects Relevant for Education



([www.dualcareer.eu](http://www.dualcareer.eu))

## ONGOING



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## Just Completed



# EAS in EU Dual Career Projects Relevant for Education



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the European Union

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([www.dualcareer.eu](http://www.dualcareer.eu))

ONGOING



## Cloud-based education for creative sport talents

<https://erasmus-plus.ec.europa.eu/projects/search/details/101090147>

31.05.2025

- Support, selection and properly directing children
- Proper guidance enhances the potentials of youth athletes
- Promote equal education, preventing exclusion, supporting Dual Careers of youth athletes from 12-16 yrs.
- Training for teachers on the talent recognition in sports and other areas.



# EAS in EU Dual Career Projects Relevant for Education



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([www.dualcareer.eu](http://www.dualcareer.eu))

**ONGOING**



**SMART START for DC - Smart start to encourage the dual career of young high school athletes aged 14 and 19**

<https://erasmus-plus.ec.europa.eu/projects/search/details/101133555>

31.12.2025

- Support quality education on transferable skills for the labor market
- Develop educational resources for the acquisition of transversal skills of young athletes
- Develop an innovative web platform, MOOC education and other tools
- Strengthen the dual career of >180 young athletes through the acquisition of transversal skills that will ensure an increase in their employability

# EAS in EU Dual Career Projects Relevant for Education

[www.dualcareer.eu](http://www.dualcareer.eu)



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the European Union

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ONGOING

COMPATH

Future Leaders through Sport Innovation

## COMPATH - Promoting Employability of Young Student-Athletes through “Competence Hub on Sport Innovation”

<https://erasmus-plus.ec.europa.eu/projects/search/details/101050955>

31.06.2025

- Build a community of **young athletes-students gathered in sport innovation and creativity domains** at the European level;
- Develop educational resources and **toolkit showing sports-oriented technology and 21st century skills**, business world, entrepreneurship and different thinking and literacy methods;
- Launch the "**Digital Competence Hub on Sport Innovation through gamification**" to acquire skills and competencies to increase their employability in the sports industry.



# EAS in EU Dual Career Projects Relevant for Education

([www.dualcareer.eu](http://www.dualcareer.eu))



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ONGOING



**DiscoverU - Discovering university sport and supporting dual career**

<https://erasmus-plus.ec.europa.eu/projects/search/details/101134052>

30.11.2026

- **Discover university sport and dual career support** to enhance sport and physical activity opportunities to increase students' participation, and to engage partner organisations through blended learning, sharing experiences, gaining new information and skills:
- Gather information and **sharing good practice examples** in the partner countries;
- **Implement educational and sports activities.**

# EAS in EU Dual Career Projects Relevant for Education



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([www.dualcareer.eu](http://www.dualcareer.eu))  
**ONGOING**



## FIND ME: UNIVERSITY DUAL CAREER OPPORTUNITIES

<https://erasmus-plus.ec.europa.eu/projects/search/details/101134043>

31.10.2026

- To structure an evidence-based **European platform** specifically tailored for dual career at university level,
- To implement the UniSport Italia platform by highlighting the policies and provisions available at European Higher Education Institutes, according to the **More Than Gold** guidelines and the **European study on minimum dual career services**



# EAS in EU Dual Career Projects Relevant for Education



([www.dualcareer.eu](http://www.dualcareer.eu))

<https://www.unisport-italia.it/dual-career/>

# EAS in EU Dual Career Projects Relevant for Education



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([www.dualcareer.eu](http://www.dualcareer.eu))

ONGOING

## DCMENTOR

**DCMENTOR - Advancing Athlete Employability through Career Mentorship and Education**

<https://erasmus-plus.ec.europa.eu/projects/search/details/101132309>

30.11.2025

- **To integrate the Life and Future Skills Curriculum for Elite Athletes**
- **Develop e-learning materials** and self-assessment toolkit
- **Development an Athlete Career Mentorship Platform**
- Organizing **Power up Workshops**



# EAS in EU Dual Career Projects Relevant for Education

([www.dualcareer.eu](http://www.dualcareer.eu))



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Just Completed



CAPACITY BUILDING OF SPORT MANAGERS AND COACHES IN BALKAN REGION  
TO PROMOTE VALUES IN AND THROUGH SPORT

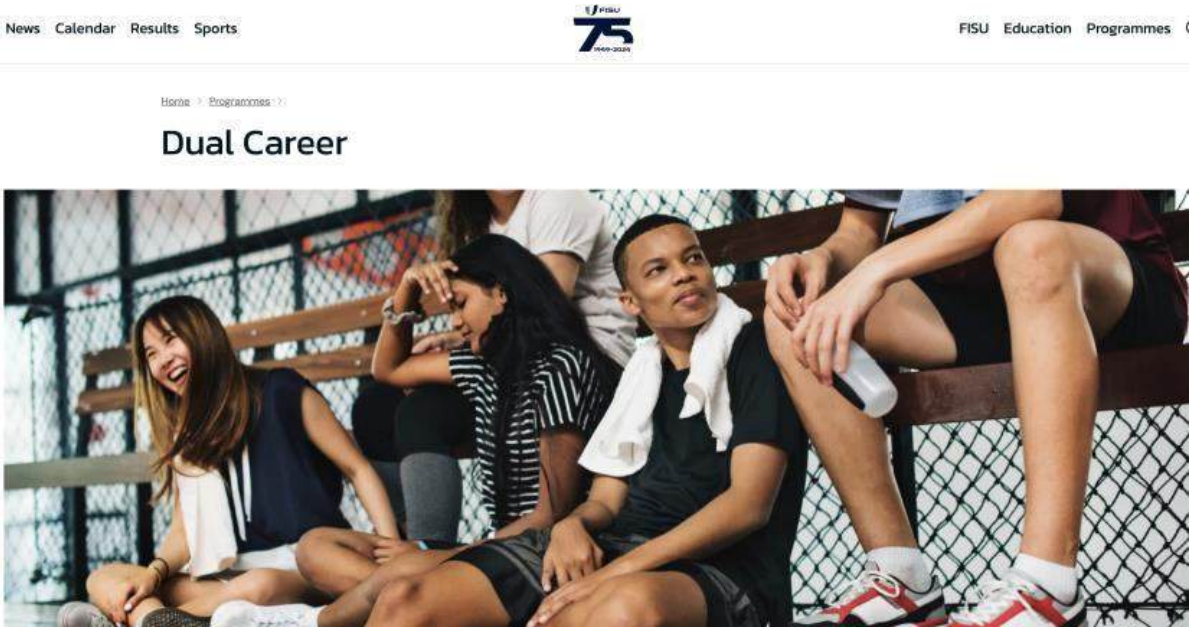
<https://erasmus-plus.ec.europa.eu/projects/search/details/101093451>

31.12.2024

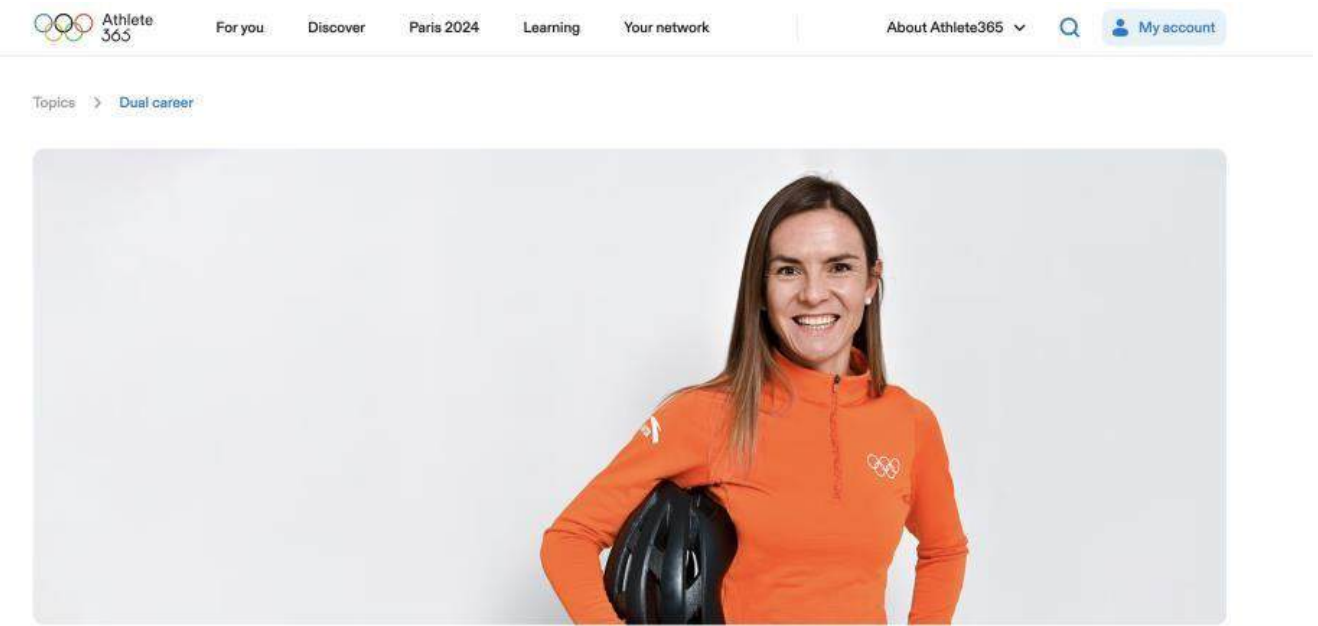
- Address **the needs of the sport organizations in the Balkan countries.**
- Increase general **knowledge and understanding of grassroots sport structures in the Balkan region**
- Raise the **capacity of sport managers, coaches, and volunteers** through workshops for efficient monitoring, effective evaluation, and sustainability of sports.
- Recognise the **profound connections between sport and values**

# The Dual Career at FISU and IOC

<https://www.fisu.net/programmes/dual-career/>



<https://olympics.com/athlete365/topics/dual-career>





# Dual Career Meetings



**EAS Online Caffe**  
**Next: May 19, 2025 at**  
**1.00 pm**

**2025 Annual Conference**  
**Riga, Latvia**  
**October 6-8, 2025**



# An institutional point of view on SAMEurope

**Titouan Martin-Barre**

**Sport Officer - French  
Erasmus+ Youth and  
Sport Agency**





# Thank you for your attention



<https://www.sameuropeproject.eu/>

