

EVENT DESCRIPTION SHEET

(To be filled in and uploaded as deliverable in the Portal Grant Management System, at the due date foreseen in the system.)

! *Please provide one sheet per event (one event = one workpackage = one lump sum).*

PROJECT	
Project name and acronym:	One Team, One Europe! Youth Sports and Mental Health for Post-COVID Solidarity — OTOE
Participant:	AYUNTAMIENTO DE XALÓ (Xaló)
PIC number:	876728584

EVENT DESCRIPTION	
Event number:	1
Event name:	ONE TEAM, ONE EUROPE! YOUTH SPORTS AND MENTAL HEALTH FOR POST-COVID SOLIDARITY
Type:	International workshop, seminar, and town twinning event
In situ/online:	In-situ
Location:	Spain, Xaló
Date(s):	29–31 January 2026
Website(s) (if any):	<p>https://www.xalo.org/xalo-acull-el-projecte-europeu-otoe-dedicat-a-la-joventut-la-salut-mental-i-lesport/</p> <p>https://www.instagram.com/p/DUQQkVTje_L/?img_index=7&igsh=bHMOMTZvNXZsbHix</p> <p>https://www.instagram.com/p/DUqFTAYAkko/?igsh=d3VoZnZvYWNmNzEz</p> <p>facebook.com/permalink.php?story_fbid=pfbid0RDHYLuey6fGUoixEgsS8D4N7xGgcziLcxNYyQ5bpEkvCFjdp4kR6YinBDp2jhSMWI&id=100082339593157&rdid=WC4kbmvtSKAtsCvF&share_url=https%3A%2F%2Fwww.facebook.com%2Fshare%2Fp%2F17ofnUTK3k%2F#</p> <p>https://www.facebook.com/juntatabuado/posts/pfbid0FogWmiFGeu4TTe7ugPxpQ5gcA9hEc6ETmL9KJTdwfs8Q9gwsGrrTjD8mLW1iuW9I?</p> <p>https://www.instagram.com/p/DURKKzQDDWX/?igsh=MWlvbTZyM2Jod2trcA==</p> <p>https://www.instagram.com/okk_junior?igsh=MW5xYjQxNjJocmJsMA==</p> <p>https://www.instagram.com/junta_tabuado/</p> <p>https://www.instagram.com/youngcaritas_cz/</p> <p>https://www.instagram.com/reel/DULyzuODaUm/?igsh=Z2FtenRibGYzbDZI</p> <p>https://www.facebook.com/share/p/1RLcubAhDi/</p>

https://www.facebook.com/permalink.php?story_fbid=pfbid0Zms4XCo6Yz2ZnX7dYy37eqCXbT7LveW6WUWNChMNY9RyQsuv1kCcVkuemtXCFCQI&id=100082339593157&rdid=VjPeDiWVemPvDRE7# https://www.instagram.com/p/DUKuayYDPn-/?igsh=MWpieGc1b3g3ZnVqaw== https://www.instagram.com/p/DUqKTVvghat/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA== https://www.facebook.com/share/p/1E1cXCqXvn/?mibextid=wwXlfr https://www.instagram.com/p/DUIRJuDjNlg/?igsh=c25kdTM2cmY4aDVm	
Video: https://drive.google.com/file/d/152dUEUNeDgGeTNvAbYE0sT3ZYCy9gP0m/view?usp=sharing	
Participants	
Female:	79
Male:	75
Non-binary:	0
From Spain:	37 (Male: 22, Female: 15)
From Serbia:	36 (Male: 17, Female: 19)
From Portugal:	17 (Male: 7, Female: 10)
From Czech Republic:	13 (Male: 8, Female: 5)
From Poland:	10 (Male: 7, Female: 3)
From Bulgaria:	26 (Male: 10, Female: 16)
From Slovenia:	15 (Male: 4, Female: 11)
Total number of participants:	154
From total number of countries:	7
Description	
<i>Provide a short description of the event and its activities.</i>	
<p>The OTOE event was implemented as a two-day international town twinning initiative in Xaló, Spain, bringing together young people, youth workers, sports educators, municipal representatives, and mental health professionals from several European countries. The event responded to the growing concern about the impact of the COVID-19 pandemic on youth mental health, including increased isolation, reduced social participation, and emotional distress. In this context, the event aimed to explore and promote sport as an effective and accessible tool to improve well-being, foster inclusion, and strengthen social cohesion, while reinforcing European values and cooperation.</p> <p>The programme was carefully designed to combine learning, exchange of experiences, practical activities, and intercultural dialogue. It began with the arrival of international delegations and an informal welcome, followed by an institutional opening session at Xaló Town Hall. During this session, the coordinating organisation and partner entities presented the objectives of the project, and each delegation introduced its organisation, local context, and experience in the fields of youth, sport, and community development. This initial exchange allowed participants to better understand the diversity of realities across Europe and created a strong basis for collaboration.</p>	

The first day of activities focused on youth, mental health, and sport. A participatory workshop addressed the psychosocial consequences of the COVID-19 pandemic on young people, encouraging open discussion and reflection among participants. This was complemented by group dynamics in which organisations shared their local practices, challenges, and strategies to support youth well-being. A thematic session on gender equality, sport, and self-esteem highlighted the importance of inclusive and gender-sensitive approaches, addressing barriers to participation and promoting equal opportunities.

In the afternoon, participants engaged in outdoor sports activities designed to promote teamwork, physical activity, and well-being in a natural environment. These activities provided a practical dimension to the learning process, allowing participants to experience directly how sport can contribute to mental health and social interaction. In addition, a dedicated session introduced participants to *Pilota Valenciana*, a traditional sport deeply rooted in the local culture. This included both a theoretical explanation of its history, values, and social significance, and practical workshops where participants actively engaged in the sport. This activity demonstrated how traditional sports can be used as tools for inclusion, identity-building, and community engagement.

The second day focused on participation, partnerships, and local implementation. A workshop on youth participation through sport provided concrete methodologies and tools to involve young people in community life and decision-making processes. This was followed by co-creation sessions, where participants worked collaboratively in groups to design proposals and ideas for local and European initiatives related to sport and mental health. These sessions encouraged creativity, active participation, and ownership of the results, while fostering collaboration across countries.

The programme also included cultural and social activities aimed at strengthening intercultural dialogue and mutual understanding. Participants took part in visits to local wineries, the traditional street market, and guided tours of Xaló, gaining insight into the local heritage, economy, and community life. These activities reinforced the link between local identity and European diversity. The event concluded with a closing session where participants shared the main outcomes and reflections, followed by a farewell dinner and an intercultural evening, where each delegation presented elements of their culture, promoting exchange and European identity.

Throughout the event, a strong emphasis was placed on active participation, inclusiveness, and gender equality, ensuring balanced representation and meaningful engagement of all participants. The combination of theoretical sessions, practical activities, and intercultural experiences created a dynamic and collaborative environment that facilitated knowledge exchange, capacity building, and networking.

Overall, the event successfully achieved its objectives by increasing awareness of youth mental health challenges, promoting sport as a tool for well-being and inclusion, and strengthening cooperation between municipalities and organisations across Europe. It contributed to the exchange of good practices, the development of new ideas and proposals, and the creation of sustainable partnerships that will support future initiatives in the fields of youth, sport, and mental health at both local and European level.

Detailed description of activities and implementation

The activities implemented during the OTOE event were fully aligned with the Description of the Action defined in the Grant Agreement, which foresaw the organisation of a two-day international town twinning event combining workshops, discussions, and sports-based activities focused on youth mental health, sport, and European cooperation .

The event followed a structured programme, ensuring a coherent progression between theoretical learning, practical experience, and intercultural exchange. As planned, the event began with the arrival of international delegations and an informal welcome, facilitating initial networking and integration among participants.

The first day focused on youth, mental health, and sport. It included an institutional opening session and presentation of the project, followed by partner introductions, ensuring visibility of all participating organisations and reinforcing the European dimension of the action . A participatory workshop on post-COVID youth mental health addressed the main thematic priority of the project, creating a space for dialogue, reflection, and exchange of experiences among participants from different countries.

In line with the objectives of promoting sport as a tool for well-being, a thematic session introduced *Pilota Valenciana*, highlighting its historical, cultural, and social value. This activity was complemented

by practical workshops, where participants actively engaged in the sport, experiencing its benefits in terms of teamwork, physical activity, and mental well-being. This combination of theoretical and practical approaches directly reflects the methodology foreseen in the project design.

The second day focused on participation, partnerships, and local implementation, as planned in the action. A workshop on youth participation through traditional sports provided concrete tools and methodologies to engage young people in community life, reinforcing the project's objective of promoting active citizenship. This was complemented by study visits and local exploration activities, including visits to a local winery and the traditional street market, as well as a guided tour of Xaló, allowing participants to better understand the local context, identity, and community dynamics.

Intercultural exchange was a key component throughout the event, culminating in an intercultural evening where participants shared elements of their cultures. The event concluded with a closing session, including the presentation of results, delivery of materials, and final reflections, ensuring that outcomes were shared and consolidated among participants.

Overall, all activities foreseen in the Grant Agreement, including workshops, thematic discussions, sports-based learning, and intercultural exchange, were successfully implemented. The programme maintained a strong coherence between planned objectives and actual implementation, ensuring the proper execution of the work package and the achievement of the expected results in line with the requirements of the action.

HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0	01.04.2022	Initial version (new MFF).