



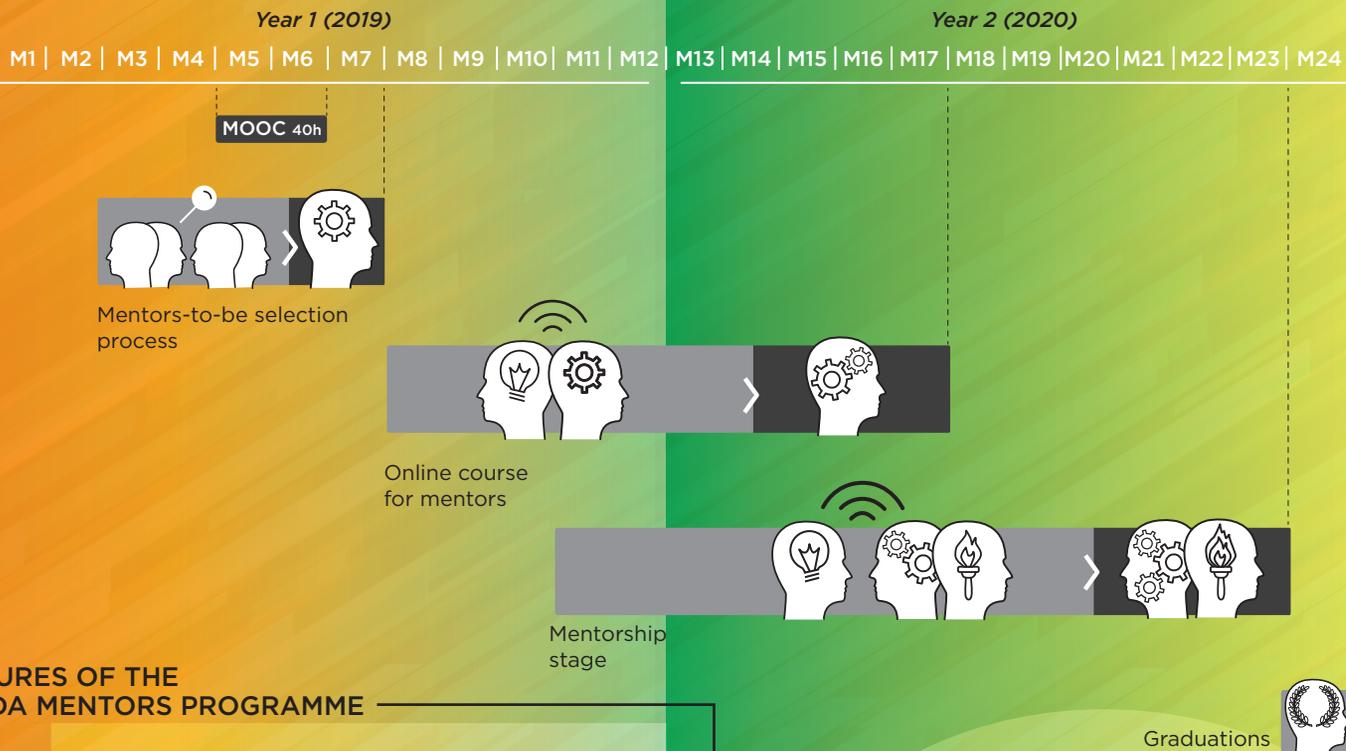
PROJECT'S ABSTRACT

Young Ordinary and Disabled sports Athletes' MENTORS (YODA MENTORS) will be a pilot programme to contribute towards the establishment of a dual-career framework in participants' organizations and countries, which could ultimately be scaled-up across the EU. The project opens the way for a new dialogue among mentors and student-athletes from different countries (Italy, Spain, Portugal, Greece, Latvia, and Lithuania) allowing for cross-border matching and thus expanding the range of experts available as mentors for athletes to find the perfect match, regardless of their country of residence. The strong relationship between mentors and athletes forged through the programme fosters networking in a way that would not be possible without such initiative.

The concept of dual-career means balancing sport and studies so that athletes can succeed in both areas. Many dual-career programmes mainly focus on (re)entering the labour market once the sport career is over, instead of helping athletes throughout. **YODA MENTORS** is about developing a training programme for dual careers mentors, in order to qualify them to provide informed advice and support to athletes throughout their sports career, right from the start (from secondary education through to higher education). Our programme will offer comprehensive training, valid both for **mentors-to-be** (and student-athletes) **with and without disabilities**. Training will be done mainly online, in a user-friendly and accessible virtual environment, thus bringing down time and space barriers to make mentor training opportunities available anytime, anywhere, in all participants' countries.

YODA MENTORS aims to establish an online educational programme which ultimately helps mentors to guide young athletes for a successful management of their academic and professional sports careers from an early stage. Furthermore, YODA MENTORS will focus on inclusion and accessibility, as our program-

TIMELINE



FIGURES OF THE YODA MENTORS PROGRAMME

- EXPERT COMMITTEE**
Experts in sports, selected by the European Partners at the beginning of the Y.O.D.A. Mentors program.
- TUTORS**
Mentors teachers selected by the Expert Committee to draft the course materials and to train mentors.
- MENTORS-TO-BE**
Candidates selected through a public call in each participant country. They will undertake the training programme to become dual career mentors.
- MENTEES**
Young athletes combining sport and studies. They will take part in the mentorship stage as mentees of previously-trained mentors.

- With the tutor's online training programme the mentor acquires more competences.
- After mentorship, mentees will improve the management of both academic and sport careers.
- ONLINE SINERGY**
Online interactions by the members of the programme, to acquire the aimed competences.

CALENDAR

MSE 1	January 2019, Italy
MSE 2	May 2019, Portugal
MSE 3	June 2019, Lithuania
MSE 4	July 2019, Spain
MSE 5	September 2019, Greece
MSE 6	November 2019, Greece
MSE 7	January 2020, Latvia
MSE 8	May 2020, Lithuania
MSE 9	September 2020, Portugal
MSE 10	October 2020, Latvia
MSE 11	November 2020, Italy
MSE 12	December 2020, Spain

me aims to disable such as able-bodied athletes. Needless to say, athletes with disabilities face additional challenges in their studies too. We believe any dual-career initiative should bear in mind the special needs of athletes with disabilities, especially in training mentors for dual-careers.

The **3 main objectives** pursued in YODA MENTORS are the following:

1. To redefine the professional mentor's figure based on the experiences and results of previous Erasmus+ projects on dual-careers, such as the skill- set, knowledge, and attitudes necessary for dual-career's mentors.
2. To develop a mentors' training programme in an accessible virtual environment to qualify experts in dual-career management, with the necessary skill-set to provide support to disable and able-bodied athletes, easy to be adapted and implemented in all participants' countries.
3. To raise awareness on the special needs and challenges of athletes with disabilities in terms of accessibility, and its consequences as an obstacle on their dual-careers, and to train mentors in order to help student-athletes overcome those challenges.

YODA MENTORS will also achieve some other **secondary objectives**:

- To foster study and sport-career balance, providing support to athletes with and without disabilities.
- To create a network of mentors' experts in dual-career within the EU, and promote the needs and work for this new professional figure.
- To draft and disseminate (with the input of all participants' experts in the project) a protocol for monitoring athletes' dual-careers, and a collection of necessary features and elements of an effective mentor's training and the student-athlete mentorship programme.
- To provide a Massive Open Online Courses (MOOC) in order to foster international online mentorship and athletes' mobility.

PARTICIPANTS



Coordinator — **MSV Italy**
 Associazione Sportiva Dilettantistica Margherita Sport e Vita Basket

Sport organisations

- **SJPF Portugal**
Sindicato dos Jogadores Profissionais de Futebol
- **AETOI Greece**
Thessalonikis

High education institutions

- **FUII Spain**
Fundación Universidad Isabel I
- **UL Latvia**
University of Latvia
- **LSU Lithuania**
Lithuanian Sport University

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Y.MENTORS

YOUNG ORDINARY AND DISABLED SPORTS ATHLETES MENTORS

ERASMUS+ SPORT PROJECT

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