

Welcome to the 2nd newsletter of the SISTERS - Fostering Gender and LGBTQIA+ Equity in Sports through Intersectional Approaches project!

SiSTERS Handbook: Good practices, lessons learned, guidelines!

We are thrilled to announce the official completion of the SISTERS project Handbook.

The process was highly engaging, resulting in outcomes that will contribute to the promotion of gender and LGBTQIA+ equity in sports. Over the past few months, the partners collected 26 good practices, conducted 92 interviews and organized 18 focus groups that engaged 136 participants in total with different backgrounds including women and LGBTQIA+ individuals that discussed and shared their perspective on the situation. This collaborative effort now provides a strong foundation for developing meaningful tools and recommendations for the sports sector.

The SISTERS Handbook provides a realistic overview of the major challenges found across different sports disciplines, and includes guidelines and practical tools to address gender and sexual orientation, gender identity and expression, and sex characteristics.

In a nutshell, it highlights the main needs and shares some successful initiatives which have sought to address these challenges. The Handbook will be available online for any sports club, federation, coach and/or other individuals that are active in the field of sports.



SISTERS Sports Bag

Transnational Partners Meeting, Porto, October 2025

On the 8th and 9th of October 2025, the partnership gathered in Porto, Portugal, for the Transnational Partners Meeting hosted by the Porto Football Association. Over two productive days, the consortium was equipped with knowledge and tools to navigate the complex intersections of gender, identity, and inclusion, with an added twist: applying it all to the world of sports. Through participatory activities and collective reflections, partners began shaping what will eventually become the Sports Bag.



Research Activities Underway

The Sports Bag will be a training manual designed to guide sports managers and athletes towards more inclusive and equitable sports environments.

The creation of the Sports Bag will include desk research and the development of educational models that will tackle topics such as inequality & intersexuality and gender and LGBTQIA+ in Sport.

The project will foster gender-sensitive governance, while raising awareness on gender and SOGIESC-based discrimination in sports.

The activities will overall reach out to:

- 120 sports professionals (coaches, managers, and trainers)
- 240 athletes

Participants will attend 8 hours of learning where the Sports Bag activities will be implemented. In an ideal world, initiatives like this would no longer be needed.

Until that day comes, we keep going, step by step, conversation by conversation, towards a more inclusive and equitable future for all.

SISTERS Sports Bag for sports professionals and athletes is coming!
Stay tuned!

SISTERS Consortium

6 Partners, 6 Countries

CESIE (Italy)

Project Coordinator, with experience in youth, and inclusive methodologies.

Center for Social Innovation (Cyprus)

Fostering inclusion and equity in education, youth and social policies.

Symplexis (Greece)

Specialising in vulnerable groups, human rights, and inclusion.

Porto Football Association (Portugal)

A dynamic regional sports association promoting inclusion through football.

Sarajevo Meeting of Cultures ((Bosnia & Herzegovina)

Focusing on social change through inclusion and sport in Europe.

Champions Factory (Bulgaria)

Empowering youth through sport and innovation.



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