



# Project idea form - small projects

Version 2.1

Registration no. (filled in by MA/JS only) \_\_\_\_\_

## Project Idea Form

Date of submission 04/06/2025

### 1. Project idea identification

Project idea name Youth in Motion: Cross-border Sport for Regional Vitality

Short name of the project Y-MOTION

Previous calls yes  no

Seed money support yes  no

### 2. Programme priority

1. Innovative societies

### 3. Programme objective

1.2. Responsive public services

### 4. Potential lead applicant

Name of the organisation (original) Regionų krepšinio lyga

Name of the organisation (English) Regional basketball league

Website www.rkl.lt

Country LT



Type of Partner	NGO
	Non-governmental organisations, such as Greenpeace, WWF, etc.

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Which organisation(s) in the planned partnership take part in a project within the Interreg Baltic Sea Region Programme for the first time? Please list the respective partners.

Regionų krepšinio lyga (RKL) – Lithuania  
 Latvian Basketball Federation – Latvia  
 Polish Basketball Federation – Poland

### 5.1 Specific challenge to be adressed

Young people in rural and less-connected areas of the Baltic Sea Region face limited access to international exchanges, structured sports programmes, and cultural cooperation. This leads to a lack of motivation, fewer social connections across borders, and missed opportunities for personal development, especially for youth from socially or economically disadvantaged backgrounds. There is also a gap in the regional collaboration of youth sport organisations, which prevents knowledge transfer and good practice sharing between countries. This project addresses these challenges by creating structured transnational youth exchange and sports activities that build networks, promote inclusion, and strengthen local and regional capacity for long-term collaboration.

### 5.2 Focus of the call

The project idea contributes to the focus of the call by building a cooperation platform between youth-oriented basketball organisations in the Baltic Sea Region. It aims to strengthen responsive public services in rural and less connected areas by promoting youth inclusion through international



basketball activities. The platform facilitates exchange of good practices, capacity building, and joint initiatives that align with the priority of supporting socially inclusive, accessible, and resilient public services. By linking grassroots sports structures in Lithuania, Latvia, and Poland, the project helps regions better respond to youth needs and promotes cross-border learning through sport.

## 6. Transnational relevance

The social integration of youth through sports and active leisure faces similar challenges across the Baltic Sea Region, particularly in smaller towns and rural areas where access to structured, high-quality youth engagement programmes is limited. By cooperating transnationally, the project partners—Lithuania (RKL), Latvia, and Poland—can exchange knowledge, co-develop inclusive youth events, and organise joint training camps that go beyond national borders. This collaboration fosters intercultural understanding, builds long-term institutional partnerships, and allows the adaptation of best practices across regions. Without such cooperation, the scope, diversity, and impact of activities would remain limited to local contexts and miss the opportunity for broader regional cohesion.

## 7. Specific aims to be addressed

### Building trust that could lead to further cooperation initiatives

By engaging youth organisations in cross-border basketball activities, the project fosters trust between institutions and communities, creating a foundation for long-term cooperation and future joint projects in the Baltic Sea Region.

### Initiating and keeping networks that are important for the BSR

The project establishes a permanent network of regional basketball leagues and youth sport stakeholders that will share tools, exchange staff, and organise annual events to strengthen institutional ties and youth inclusion across borders.

### Bringing the Programme closer to the citizens

By organising visible, grassroots-level youth sport events and exchanges in local communities, the project raises awareness of EU cooperation and creates direct benefits for young citizens in underserved regions.

### Allowing a swift response to unpredictable and urgent challenges

N/A



## 8. Target groups

The project will engage key target groups that are directly affected by youth disengagement and limited cross-border opportunities, particularly in rural and less-connected areas of the Baltic Sea Region. These groups will be actively involved in co-creating and implementing the project to ensure ownership, local relevance, and sustainability of results. Target groups will be mobilised through the partners' strong regional networks, national basketball federations, youth departments in municipalities, and schools. Communication campaigns and info sessions will be used to reach and motivate young people to participate. Youth organisations and sport clubs will be directly involved in designing and delivering local and international events such as tournaments, training camps, and exchanges. Local authorities and youth coordinators will provide strategic alignment with regional youth development goals, help select beneficiaries, and ensure institutional support. Schools will host activities and support inclusion of vulnerable youth. Young participants will contribute by sharing feedback, shaping activities through peer-led sessions, and taking part in intercultural events. All groups will participate in consultations, capacity-building workshops, and pilots. This ensures the developed tools, policy inputs, and cooperation structures reflect real needs and are adopted into practice. Their ongoing engagement beyond the project will be supported through the creation of a transnational youth sport cooperation network.

Please use the drop-down list to define up to five target groups that you will involve through your project's activities.	Please define a field of responsibility or an economic sector of the selected target group	Specify the countries and regions that the representatives of this target group come from.
1. Local public authority	Youth policy, local sport development, community services	(Kaunas, Klaipėda, Panevėžys), Latvia (Riga, Daugpils, Jelgava), Poland (Warsaw, Katowice, Gdansk)
2. Education/training centre and school	Schools with extracurricular programmes, youth education	Lithuania, Latvia, Poland – rural and semi-urban municipalities
3. NGO	Youth sport clubs, basketball associations, inclusion initiatives	Lithuania (RKL), Latvia (LBS), Poland (PZKosz)
4. Sectoral agency	Municipal youth coordinators, sport consultants, regional youth board	Lithuania, Latvia, Poland (regional level)



5. Interest group	Young people aged 13–20 from socially or geographically disadvantaged backgrounds	Remote or underserved areas in Lithuania, Latvia, Poland
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## 9. Contribution to the EU Strategy for the Baltic Sea Region

Please indicate if your project idea has the potential to contribute to the implementation of the Action Plan of the EU Strategy for the Baltic Sea Region (<https://eusbsr.eu/implementation/>).

yes  no

Please select which policy area(s) of the EUSBSR your project idea contributes to most.

PA Education

PA Health

PA Culture

The MA/JS may share your project idea form with the respective policy area coordinator(s) of the EUSBSR. You can find contacts of PACs at the EUSBSR website (<https://eusbsr.eu/contact-us/>).

If you disagree, please tick here.

## 10. Partnership

The partnership is composed of three core organisations representing youth sport structures from Lithuania, Latvia, and Poland. These partners bring complementary expertise and geographical representation of rural and less-connected regions across the Baltic Sea Region. The lead partner, Regionų krepšinio lyga (RKL, Lithuania), coordinates youth basketball development in Lithuania's regions and has direct access to a wide network of clubs, municipalities, and schools. RKL will lead project coordination, visibility, and transnational event planning. The Latvian Basketball Federation brings experience in regional youth programming and institutional development in the Kurzeme and Vidzeme regions. It will lead the methodology transfer and pilot implementation in Latvian communities. The Polish Basketball Federation represents youth sport stakeholders in north-eastern Poland (e.g., Podlaskie and Warmian-Masurian regions) and contributes to inclusive sport training and regional cooperation models. It will lead policy adaptation and inclusion measures. This strategic composition ensures broad regional relevance and policy impact. All partners are actively engaged in grassroots sports and youth engagement, making them ideal to co-create transferable practices and involve local stakeholders. We are exploring the addition of associated partners from other BSR countries (e.g., Estonia or Sweden) to strengthen the pan-Baltic dimension. Moreover, we aim to



involve municipal youth departments, sport academies, and youth NGOs as associated organisations to ensure wider impact and dissemination. This partnership reflects both geographical balance and thematic expertise in sport-based youth inclusion, ensuring the effective delivery and uptake of the project's results across the Baltic Sea Region.

## 11. Workplan

The project will be implemented through a set of interlinked activities structured in three thematic work packages: Capacity Building, Youth Engagement Pilots, and Policy & Dissemination.

**Work Package 1 – Capacity Building** We will organise training workshops for youth sport organisations, schools, and municipal authorities focusing on inclusive methods, intercultural competences, and cross-border cooperation tools. A transnational methodology for youth sport-based inclusion will be developed and shared among partners.

**Work Package 2 – Youth Engagement Pilots** Three pilot youth exchange camps will be organised in Lithuania, Latvia, and Poland. These events will bring together 50–60 young people (aged 13–20) from rural or underrepresented communities to engage in basketball activities, peer learning, and intercultural dialogue. The pilots will test inclusive engagement formats, such as mixed teams, peer-to-peer facilitation, and integrated education-sport modules. Feedback from participants will help refine the model.

Additionally, local try-out events and community tournaments will be held in partner regions to reach more youth, engage schools, and raise public awareness. Each pilot will include evaluation and experience-sharing sessions with local stakeholders.

**Work Package 3 – Policy & Dissemination** Partners will jointly develop a policy brief and a practice-based toolkit for municipalities and youth sport stakeholders, presenting tested models for youth inclusion through sport. A final dissemination event will be held to share outcomes with public authorities, education institutions, and sport networks from the Baltic Sea Region.

**Target Group Involvement** Target groups will be involved from the planning phase via consultations. Youth organisations and schools will co-host events and help recruit participants. Local authorities and youth coordinators will facilitate integration with regional strategies and promote sustainability. Young people will act as peer leaders and co-creators throughout the pilots.

**Use of Results** Municipalities and schools will adopt the tested methods into their extracurricular activities and youth programmes. Sport organisations will apply the toolkit in regional development efforts, while national federations will be equipped to support grassroots cooperation at international level.

## 12. Planned budget

ERDF budget (planned expenditure of partners from the EU)	EUR 450,000.00
Norwegian budget (planned expenditure of partners from Norway)	EUR 0.00
<b>Total budget (including preparatory costs)</b>	<b>EUR 450,000.00</b>



### 13. Project consultation

Please indicate if you wish to have a consultation (online meeting) with the MA/JS to discuss your project idea

yes  no

### 14. Questions to the MA/JS

Questions related to the content of the planned project	Could you advise whether youth participants can act as co-creators of project content (e.g. toolkit or policy input) within the scope of eligible activities? Are extracurricular school-based sport initiatives eligible as part of the pilot actions? Can associated organisations (e.g. municipalities or NGOs) be actively involved in co-hosting pilots without formal partner status?
Questions related to budgeting and expenditure	Can youth exchange costs (e.g. accommodation, meals, transport) be covered for participants under 18 years old? Are sports-related costs (e.g. facility rental, trainers, sports equipment) eligible under work package 2? What flat rates or simplified cost options (e.g. unit costs for events) are recommended for small projects?
Any other questions	Will there be any specific requirements for documenting participant involvement in pilots? When is the final deadline for signing the partner declarations and uploading them to BAMOS+ after full application submission?

### 15. Additional information

The project builds upon existing collaboration between the applicant and national basketball federations in Latvia and Poland, with prior experience in running youth-focused initiatives. The partnership is well-positioned to mobilise grassroots actors and public authorities in small towns and rural areas. All partners have expressed commitment to co-financing and have operational capacity to launch activities shortly after contracting. The project will also align with national youth strategies and contribute to regional sports development plans. Additional support from local municipalities and schools has already been confirmed through letters of intent.



### **Your account in BAMOS+**

Please remember that to officially submit your application you need to access our electronic data exchange system BAMOS+. More information about the process of applying for your account in BAMOS+ you will find here:

<https://interreg-baltic.eu/gateway/bamos-account>

