

Final Handbook of the Project *Fisher's Life for Inclusion (F- LIFE)*

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TREENACRIA



INNOVAZIONE E CREATIVITÀ

SEAL
CYPRUS



A FISHER'S
LIFE
FOR
INCLUSION

Contents

Section I: F-LIFE Explained.....	6
<i>Overview and Rationale.....</i>	6
<i>General and Specific Objectives.....</i>	7
<i>Target Groups and Inclusion Strategies.....</i>	8
<i>Methodology and Workplan.....</i>	8
<i>Addressing Organisational and Territorial Needs.....</i>	9
<i>Transnational Cooperation and Added Value.....</i>	10
<i>Results and Impact</i>	10
<i>Duration, Governance, and Participation</i>	11
<i>Conclusion.....</i>	11
Section II: Cooperation Arrangement	13
<i>Partnership Set-Up and Added Value</i>	13
<i>Management, Cooperation, and Communication During Implementation</i>	14
<i>Use of Erasmus+ Platforms for Preparation, Implementation, and Follow-Up.....</i>	15
<i>Roles, Tasks, and Responsibilities of the Partners</i>	15
<i>Organisational Outcomes and Lessons Learned</i>	16
<i>Conclusion.....</i>	16
Section III: Activity I	17
<i>Activity Framework and Position within the Workplan.....</i>	17
<i>Scope, Leadership, and Partnership Set-Up</i>	18
<i>Content and Processes Implemented.....</i>	18

<i>Target Groups and Beneficiaries</i>	19
<i>Contribution to Project Objectives</i>	19
<i>Outputs and Results Delivered</i>	19
<i>Budget Rationale and Resources' Allocation</i>	20
Section IV: Activity II	22
<i>Activity Framework and Position within the Workplan</i>	22
<i>Scope, Leadership and Partnership Set-Up</i>	22
<i>Content and Processes Implemented</i>	22
<i>Target Groups and Beneficiaries</i>	23
<i>Contribution to Project Objectives</i>	24
<i>Outputs and Results Delivered</i>	24
<i>Budget Rationale and Resources' Allocation</i>	25
Section V: Activity III	27
<i>Activity Framework and Position within the Workplan</i>	27
<i>Scope, Leadership, and Partnership Set-Up</i>	27
<i>Contents and Processes Implemented</i>	27
<i>Target Groups and Beneficiaries</i>	28
<i>Contribution to Project Objectives</i>	28
<i>Outputs and Results Delivered</i>	29
<i>Budget Rationale and Resources' Allocation</i>	29
Section VI: Impact and Follow-Up	31
<i>Evaluation Framework and Indicators</i>	31
<i>Organisational Development and Long-Term Perspective</i>	32
<i>Continuity and Next Steps</i>	32

Section VII: Qualitative Comparative Analysis (QCA), Quantitative**Achievements, and Evaluation of Competences Achieved.....34***Objectives and Alignment with the Mission..... 34**Quantitative and Qualitative Results 34**Management, Partners, and Resources 35**Impact and Continuity 35**Challenges and Recommendations..... 35**Conclusions..... 36***Section VIII: Material Produced37**

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Section I: F-LIFE Explained

Overview and Rationale

With an emphasis on the Mediterranean marine and coastal aspects, the suggested action is designed as an integrated pathway of social inclusion and environmental knowledge. It tackled the dual needs of enhancing adult citizens' knowledge and skills in maritime sustainability and providing new possibilities for civic engagement for adults, particularly senior women, who are frequently shut out of mainstream activities. Sustainability education is not viewed as a secondary activity, but rather as a major source of empowerment and knowledge, giving individuals the skills they need to comprehend and effectively handle global issues in a context-sensitive manner. By using this perspective, the initiative helped participants understand how their daily decisions impact societal well-being and environmental systems, as well as how they may help create tangible, constructive solutions.

The project elevated the sea as a resource that is both cultural and productive, as well as a common area where innovation and tradition may coexist. It encouraged the preservation of intangible expressions like gastronomy, the acknowledgment and transmission of seafaring culture, and the recovery and enhancement of local maritime heritage, both tangible and intangible. It also encouraged a new perspective on Mediterranean coasts that goes beyond seasonal tourism. The initiative reinforced cultural affiliation and community identity while fostering the development of sustainable economic views linked to coastal resources by integrating environmental education into new everyday routines.

Sciacca, a seaside city in the Province of Agrigento (Sicily) with a strong marine industry but little socioeconomic development, served as the territorial starting point. While average skill levels are still low, female unemployment is notably high, especially among older age cohorts. This syndrome is caused by a number of causes, such as a lack of employment options, discrimination based on gender, and challenges balancing work and family obligations. The proponent's civic activism in the region has frequently brought attention to the dearth of worthwhile opportunities in a community that is thought to be almost entirely focused on tourism and maritime pursuits, as well as the tendency for marginalization to result from inactivity, a lack of connections to resources, and a limited ability to self-activate. To truly be included in their communities, those between the ages of 45 and 60 – including women with young children and men in sporadic, precarious employment – need tighter supervision and safe learning opportunities. Social cohesiveness in these contexts is inextricably linked to the growth of civic and environmental consciousness.

On the Cypriot side, SEAL Cyprus provided demonstrated expertise in social promotion and green volunteerism, and it operated in comparable coastal and rural locations. Therefore, the partnership between Treenacria and SEAL Cyprus proved strategic: it created structural competencies in civic work; it facilitated transnational exchange on models of organization, association, and project design; it increased the participation of local beneficiaries in community revitalization; and it enhanced knowledge of Euro-project design, cooperative partnerships, exchange, and formative mobility. The partnership has been focused on alternative, non-formal educational programs that support lifetime learning from a theme perspective. Topics like environmental protection and marine sustainability, together with the development of fundamental, practical skills for responsible behaviour, are not well suited for strict, sectoral, school-style curricula. It hence necessitated adaptable forms sensitive to regional differences, especially in cases where green volunteering and civic education are tangible activities. This complementarity was provided by SEAL's longstanding emphasis and experience on environmental volunteerism and intergenerational solidarity in rural areas.

General and Specific Objectives

The initiative's three interconnected goals were operationalized through a logical activity plan and were in line with the priorities that have been chosen.

Firstly, an organized cycle of twelve workshops devoted to environmental education and sea conservation was used to accomplish an educational and awareness-raising goal. In their home countries, participants examined environmental problems, such as the detrimental effects of human activity on ecosystems, the sea, and Mediterranean coastlines, via methodical observation and assessment. The topics covered included waste management, food waste, pollution, biodiversity loss, and climate change. The sessions were intended to foster the capacity to link knowledge and find workable solutions to environmental and coastal deterioration, as well as to develop a realistic perspective of reality by examining the relationships between human behaviour and environmental impact. The labs ended with reflection on both individual and group behaviour, teaching participants to value their territory in daily life and to map their own awareness and knowledge routes. The educational strategy was specifically tailored to the needs of the local populace in areas where the landscape and sea serve as both the main source of cultural imagination and important productive resources.

Secondly, senior groups were the target of a knowledge-enhancement objective. In order to integrate their cultural origins with a future focused on innovation and sustainability, participants were required to understand the complementarity and possible valorisation of the "risorsa mare" – the sea as a resource – after the training cycle. Empathic and inclusive, engagement specifically aimed to bridge two worlds – fishing and femininity – that have seldom intersected in the past and lessen gender

disparities. In addition to encouraging the adoption of modest but ambitious and significant personal environmental initiatives, the route helped increase public understanding of marine sustainability.

Thirdly, a senior civic-participation goal made use of participants' direct engagement in activities that enhanced their understanding of the value of protecting the sea and fisheries resources, as well as their ability to connect land and sea and value knowledge ranging from customs to everyday skills like cooking. As "ambasciatrici locali", or local ambassadors, of new approaches to consumption, household and individual waste, and dietary habits, the project aimed to encourage participants to become change agents and advocates of new cultural attitudes toward sustainability through practical, informed civic engagement actions.

Target Groups and Inclusion Strategies

The main target groups were elderly women between the ages of 45 and 65 who live in isolated coastal and rural regions of Sicily and Cyprus, have little education, and are usually unemployed. By providing tangible resources to investigate ocean habitats that are physically accessible but conventionally removed from femininity, the initiative specifically sought to include marginalized women in the larger European conversation on environmental and marine conservation. These groups have developed a broader perspective, related global challenges to their daily lives, and made responsible, sustainable, and participative decisions thanks to outdoor and non-formal education.

Operationally, each country developed civic groups of older women constituted of at least fifteen individuals. Along with the immediate beneficiaries, the initiative will also benefit the employees of the partner organizations, offering chances for collaborative organizational learning that is in line with their social work specialties and missions. Four representatives from each organization – educators, coordinators, outdoor and environmental education professionals, and sport fishing experts – led and participated in the events. The partnership also aimed to involve additional civic organizations, volunteer networks, and new related stakeholders during the twenty-four-month implementation period. These included senior citizen associations, volunteer organizations, adult education centres, and recreational communities for seniors in Sicilian and Cypriot territories.

Methodology and Workplan

The educational approach, which blended outdoor education with classroom reflection, was based on informal, experience learning. The program's twelve-workshop cycle served as its foundation. In order to evaluate the effects of human activity, each session combined analytical techniques with contextual inquiry and observation in the local environment. There were concrete, low-threshold activities that

participants used in their homes and communities that were linked to case-based conversations on pollution, biodiversity loss, climate dynamics, waste governance, and food waste reduction. Participants can now plot their own pathways of behavioural change thanks to reflection components that promote metacognition regarding both individual and group behaviours.

Reestablishing participants' connection to marine ecosystems and redefining the sea as a shared, living resource needed the outdoor component. Field trips, escorted tours, and presentations – where applicable, connected to sport fishing – helped reclaim information that has previously been seen as beyond of women's purview. This approach constantly struck a balance between innovation and tradition by contrasting modern sustainability ideas and methods with old knowledge and customs, such as culinary heritage. The objective was to scaffold the formation of micro-initiatives with potential socio-economic impact and to change the connection with coastal environments from one of occasional enjoyment to one of ongoing stewardship.

Learning was translated into community action through the civic-activation component. Participants created and implemented modest, doable projects that bridged the gap between land and sea, such community kitchens that emphasized sustainable eating and anti-waste techniques, neighbourhood campaigns on trash reduction and sorting, or awareness events on the preservation of fisheries resources. Participants gradually took on the role of "ambasciatrici locali" through these activities, expressing and spreading new cultural perspectives on consumption and daily sustainability.

Addressing Organisational and Territorial Needs

According to Treenacria, the initiative addressed the structural requirements of a region that has a strong marine heritage but ongoing socioeconomic vulnerability. A chronic lack of cultural and educational options plagues Sciacca's setting, which suffers of partial infrastructural isolation, inadequately linked, and only loosely in line with changing European rules on sustainability and territorial preservation. These encompass transversal competencies required for individuals to participate in the larger European production environment and are not just restricted to vocational training. The project aims to create a long-lasting, locally based network that can go on with informational, training, and sensitization efforts once the funding time is over by working with affiliated partners including the Lega Navale of Sciacca, the Municipality of Sciacca, and the provincial sanitary entity (ASP). Born in a similarly difficult environment, SEAL Cyprus acted as an organizational model and a peer, guiding the development of new local connections, pointing the way for new social-promotional projects, and weaving together opportunities provided by European design and system-level expansion. The project so immediately responded to the proponent's desire to extend, fortify, and consolidate its ability to provide improved development prospects inside its reference region.

Transnational Cooperation and Added Value

Working with international partners gave organizations who are often on the periphery of society a forum for mutual support and learning. It stimulated active participation in social and civic domains, supported the culture of environmental sustainability, and fostered the protagonism of adult women in isolated marine situations. The collaboration encouraged participants to get more involved in community life, built networks of support and solidarity, and sparked cultural development projects with educational repercussions, such as additional awareness-raising with like-minded organizations. By collaborating with SEAL Cyprus, Treenacria connected with a nonprofit organization that has a track record of promoting social justice and operates in a setting and territory that are quite comparable. Between Cyprus, Europe, and the local island setting, the partnership fostered novel network weaving and adds to multi-scalar connection.

The cooperation broadened the engagement of local beneficiaries in community revitalization initiatives, exposed the organizations to successful organizational, associative, and project models, and developed structural competencies in civic action. Additionally, it fostered awareness in areas like formative mobility, collaboration partnerships, exchange, and Euro-project design. The partnership's thematic focus was on non-formal educational initiatives that support long-term learning paths and are customized to local conditions. Conventional, inflexible didactic programs are not appropriate for older participant groups or for the goal of developing responsible persons who can take action in the face of environmental crises. In contrast, the strategy adopted made use of tangible volunteerism and intergenerational solidarity in rural and coastal communities, in a bidirectional logic, where both cohorts – the younger organizers and the old participants – could enhance both conceptions of nature, sustainability and ecofriendly living. By doing this, the project helped to improve the quality of life for residents on the islands and along the beaches where it worked and revitalized the appeal of coastal communities.

Results and Impact

At the individual level, participants gained a thorough awareness of regional environmental issues and the connections between ecological results and human behaviour. They developed practical skills in sustainable eating, waste reduction, and responsible consumption. They also strengthened their reflective abilities to organize and tracked their own behavioural changes. In addition to reestablishing cultural ties and fostering forward-thinking creativity, senior women became more adept at navigating nautical surroundings and be prepared to appreciate the "risorsa mare". The initiative specifically aimed to reduce gender inequities by establishing inclusive areas where women could engage in environmental stewardship, fishing, and maritime culture.

The initiative linked land-based and marine knowledge systems – from customs to everyday food competencies – while advancing the understanding of the sea and its ecosystems as essential to both local livelihoods and the health of the world at the community level. Participants served as local ambassadors for sustainability through civic micro-actions and public awareness events, spreading new cultural perspectives on consumption, reducing personal and household waste, and practicing responsible nutrition. As anticipated, the partnership's local networks, which have been supported by organizations like the Municipality, the Lega Marina di Sciacca, and the ASP in addition to voluntary organizations and adult education centres, may even endure after the funding period, facilitating replication in other coastal communities and promoting ongoing training and sensitization.

At the organizational level, Treenacria and SEAL Cyprus combined methods for informal outdoor environmental education for senior citizens; they improved staff skills in education, coordination, outdoor and environmental pedagogy, and sport-fishing facilitation; and they improved their capacity to plan and oversee international projects. In the areas of women's inclusion, civic education, and marine sustainability, the partners also became more well-known and legitimate, which enhanced their chances of future collaboration and resource mobilization.

Duration, Governance, and Participation

The activity was carried out in Sicily and Cyprus and lasted for 24 months. At least fifteen senior women made up the core civic group in each nation, with assistance from partner staff members that included coordinators, educators, experts in outdoor and environmental education, and sport-fishing professionals. Treenacria and SEAL Cyprus shared governance, guaranteeing methodological coherence and perpetual communication. The alliance looked to include more civic organizations, senior recreation communities, adult education centres, and volunteer networks over the project's duration. In order to entrench habits and guarantee that the project's civic, cultural, and educational advantages go beyond the cohorts who are directly enrolled, this wider engagement proved crucial.

Conclusion

The initiative provided a scientifically sound and socially inclusive solution to the problems of marine sustainability in peripheral Mediterranean regions by combining environmental education, cultural valorisation, and civic engagement. It mobilized the sea as a resource for knowledge, identity, and sustainable development while addressing systemic local needs, such as low female employment, inadequate skills, marginalization, and poor connection. By means of twelve focused seminars, outdoor experiential learning, and community micro-actions, senior women gained the skills and self-assurance necessary to serve as local sustainability ambassadors. Treenacria and SEAL Cyprus'

transnational relationship ensured methodological excellence, organizational learning, and long-term anchoring in local networks, opening the door for long-lasting effects on people, communities, and institutions throughout the coastal regions affected.

Section II: Cooperation Arrangement

Partnership Set-Up and Added Value

The collaboration between Treenacria and SEAL Cyprus was founded on a mutual understanding that environmental education is a component of the larger framework of environmental protection policies, set apart by its proactive – at times nearly utopian – ability to avert negative human effects. The two organizations concentrated on the interpersonal dimension, influencing expectations, attitudes, and perceptions at the intellectual, cultural, and emotional levels instead than directly altering the physical environment. By using this method, the partners were able to create and incorporate distinctively “humanistic” competencies and change the environmental education discourse into a crucial avenue for awareness, accountability, and agency.

The civic activism and the development of really value-creating information and promotion strategies for environmental education were the areas of strength that both groups mobilized. The project focused action on sustainability as a transversal competence rooted in practice, decision-making, and cause analysis, purposefully moving beyond the fragmentation of topic-specific “sub-educations” (from energy conservation to waste management, appropriate use of water resources, air quality, mobility, noise, and knowledge and respect for the natural environment). Starting with the premise that people require the information, abilities, values, and attitudes to contribute to growth, the partners created training modules that prioritized agency and freedom of thinking.

During the planning stage, operational communication between the partners developed through the EPAL platform, where Treenacria’s employees have gradually interacted with the adult education ecosystem in Europe. Following the identification of SEAL Cyprus in those collaborative spaces, a systematic discourse started in February 2023 and eventually resulted in co-design and proposal submission. The objective criteria for choosing SEAL as a transnational partner were as follows: a large, well-organized educational institution with certified expertise in Erasmus+ and other European programs (such as Youth in Action and EEA & Norway Grants/Fund for Youth Employment) that was promptly assigned to a new organization like Treenacria. Furthermore, SEAL’s consistent efforts to address (un)employment among NEET youth – which have included providing Job Labs and Entrepreneurship Labs to over 1,400 beneficiaries over the years – represented a definite added benefit. In keeping with the project’s particular topic, SEAL also supplied information and evidence from an ongoing Blue Economy program, which served as a good foundation for methodology. With the fully accomplished goal of transferring complex competencies and producing equivalent environmental, civic, and territorial effect, the more seasoned organization mentored and complimented the newcomer in a synergistic partnership.

Management, Cooperation, and Communication During Implementation

Employees from both organizations collaborated to establish the operational design, which includes the work plan, content, analyses to be conducted, and methods for sustainability and distribution. The partners increased their mutual understanding, calibrated the proposed activities, and cooperatively addressed operational issues, such as target-group needs, local engagement and recruitment strategies, planning public events, and educational product development, through a series of online calls, email exchanges, and the methodical use of digital communication tools.

Particularly helpful advice was given by SEAL Cyprus designers on important topics including the difference between communication and distribution, the significance of project visibility, and how to organize a quality and quantity monitoring strategy. Three employees were selected by each organization; these six officers made up the implementation team and were in charge of carrying out activities locally, distributing monitoring tools both within and outside the workgroup, organizing and escorting the targets, and taking part in partnership meetings (both online and in-person). The team used project-recognisable subject lines in their weekly emails to maintain traceability and transparency, and all documentation was stored in a shared virtual workspace that was launched upon startup.

It was decided to plan a monitoring call once a month. The Kick-off Meeting and the Final Meeting, the project mobilities, strengthened the internal relationship and established the framework for further projects and the regularization of related activities. Treenacria's working group was in charge of overall project management, which was founded on efficient, transparent processes. In order to cover follow-up actions up to a year after the grant ended, a Management Module was implemented at the beginning. This module included: a) qualitative and quantitative standards; b) risk management with methods for assessment and resolution; c) financial and reporting directives, adopting unitary, user-friendly internal monitoring instruments; and d) GANTT charts for the project as a whole as well as for each activity, allowing realistic, semi-term staging. Every four months, members of the implementation team were directly given international cooperation quality questionnaires as one of the monitoring instruments. Additionally, working methods and satisfaction levels were tracked and adjusted as needed. All facets of collaboration were regulated by the partnership agreement that governed the interaction between the organizations.

Use of Erasmus+ Platforms for Preparation, Implementation, and Follow-Up

From the planning stage, Treenacria members made considerable use of the EPALE platform to engage with the European aspect of adult education and lifelong learning through Erasmus+. SEAL Cyprus was recognized on EPALE, and the joint proposal resulted from the conversation that began in February 2023. During its implementation, EPALE aimed to investigate environmental sustainability education content and practices, informal ways to involve senior groups, and the interest in fishing as a means of personal development, psycho-physical well-being, and, more broadly, civic engagement throughout Europe.

All educational materials, including handouts, workshop formats for senior women, case studies on fishing as an educational tool, sustainable recipe booklets, and slides on responsible consumption, were made publicly available to the lifelong-learning community through EPALE during the project's duration. The establishment of a thematic working group on fishing and its training possibilities for adults was one of Treenacria's explicit goals in order to draw on lessons learned, create opportunities for new partnerships, and perhaps launch similar projects in the future. In order to maximize visibility, EPALE was also utilized as a distribution channel. For example, it was used to schedule the last dissemination event that took place in Siccacca (AG). In order to guarantee public access and traceability, the outputs were also posted on the Erasmus+ Project Results Platform after completion.

Roles, Tasks, and Responsibilities of the Partners

Treenacria and SEAL Cyprus worked together to co-design the project "a Fisher's life for Inclusion" with great cooperation and a fair division of responsibilities right from the start. The design of the activity, the workplan's milestones, the number of participants, and the deliverables' content were all specified by both organizations.

Treenacria took up the responsibility of managing and coordinating the action and the collaboration as the principal applicant. Operationally, Treenacria oversaw the second activity, which was more specifically aimed at encouraging elderly women residing on Mediterranean islands to pursue environmental and marine studies. Working with the same target population and utilizing its well-known storytelling talents, SEAL Cyprus organized the third and last activity, which focused on teaching eco-sustainable living skills related to the food domain and to daily life more generally.

In her capacity as lead, Treenacria was in charge of all managerial responsibilities, including proper budget allocation, internal communication, and the creation and execution of all regulatory papers, including the partnership agreement, financial and reporting requirements, the workplan, and monitoring tools. The partner marked any delays or the need to modify the workplan or timeline,

shared all created didactic and instructional materials in designated virtual areas, and made sure that the lead was promptly informed of progress and outcomes attained locally.

Utilizing its combined expertise in visibility and communication, SEAL Cyprus implemented the Communication Plan by creating material on “a Fisher's life for Inclusion”, which was shared on the website, EPALE, and social media platforms. Treenacria opened and maintained the established channels while simultaneously guaranteeing equal communication and distribution. The implementation team created the monitoring tools, which were then routinely administered by both organizations within the predetermined timeframes. Treenacria and SEAL were both accountable for interacting with local target groups in a way that was suitable and fully respectful of their needs and expectations.

Organisational Outcomes and Lessons Learned

Effective knowledge transfer from the more seasoned organization to the newcomer, standardization of reusable management and monitoring procedures, reinforcement of structural competencies in civic work, non-formal education, and EU project design, and consolidation of territorial and transnational networks were all tangible outcomes of the cooperative architecture that was adopted. Transparency and reproducibility were assured by the methodical use of EPALE and the Project Results Platform, while responsibility and decision traceability were maintained by the frequency of calls and contractual formalization.

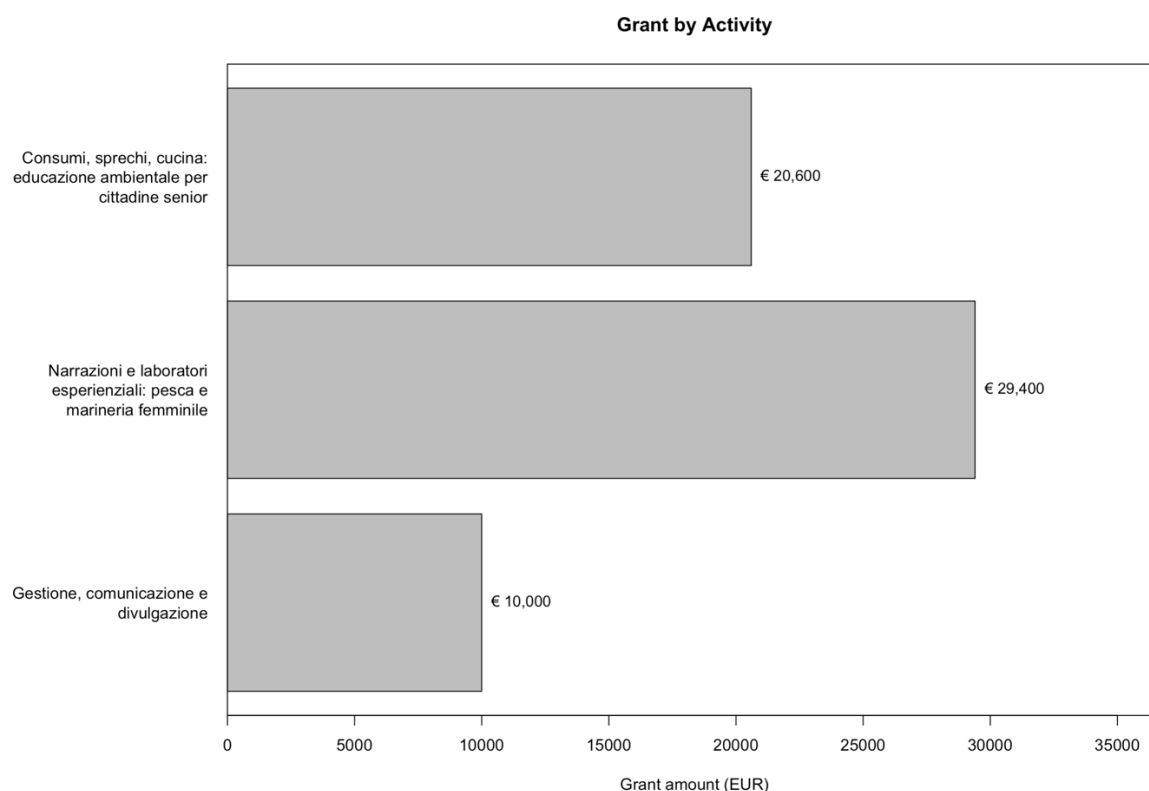
Conclusion

All of the scheduled activities had been completed at the end of the project. Treenacria and SEAL Cyprus' collaboration demonstrated the ability to blend pedagogical innovation and procedural rigor, facilitate competence transfer, produce educational outputs that are accessible to the European lifelong-learning community, and produce impact that aligned with the original goals of boosting civic engagement in Mediterranean coastal communities, promoting sustainability as a daily competency, and strengthening adult agency.

Section III: Activity I

Activity Framework and Position within the Workplan

Three activities with different scopes and deadlines made up the project's framework. With a budget of EUR 10,000, Activity 1 – Management, Communication, and Dissemination – operated virtually from January 9, 2023, until August 31, 2025, or 731 days in total. The two technical actions, "Narrazioni elaboratori esperienziali: pesca e marineria femminile" (01/09/2023 – 31/05/2024; 274 days; EUR 29,400) and "Consumi, sprechi, cucina: un'educazione alla tutela ambientale per cittadine senior" (01/03/2024 – 30/06/2025; 487 days; EUR 20,600), were supported and made possible by it. The figure below depicts the allocation of resources per activity.



Over 1,492 active days, the project envelope totalled EUR 60,000. The current section only discusses Activity 1.

Scope, Leadership, and Partnership Set-Up

With SEAL Cyprus (Cyprus Organization for Sustainable Education and Active Learning) as a participating partner, Treenacria led Activity 1. In addition to internal and external communication, it included the whole cycle of operational planning, project management, and monitoring. It also covered the distribution of findings on local, national, and European platforms, such as EPALE and the Erasmus+ Project findings Platform. Activity 1 had no set location by design; instead, it was carried out mostly via digital technologies and recurring mobilizations that served as a focal point for international coordination.

Content and Processes Implemented

The partners strengthened the logistics supporting the labs and public events of Activities 2 and 3 while defining and overseeing all project processes, including those pertaining to administration, finances, and risk. Digital tools (frequent email exchanges with project-coded subject lines, a shared digital repository for version-controlled documents, and scheduled online calls) were used to systematize internal communication between partners.

A comprehensive set of monitoring tools was created and utilized by the activity, including attendance records, work plans, GANTT charts, quantitative and qualitative beneficiary surveys, a risk management strategy with data collecting procedures and analysis criteria, and meeting minute templates. Two important mobilizations were also included by management: a virtual kick-off meeting in Cyprus (Nicosia) during the first month of operations, and a concluding meeting in Sciacca, Sicily. The creation of multimedia material, a press review, a carefully curated internet presence, and social media management for EPALE and project-specific channels were all included in external communication.

There was a significant capacity-building component to the program because Treenacria was a new participant in Erasmus+ Key Action 2. In close collaboration with Treenacria's implementation team, SEAL Cyprus, a highly skilled partner, co-designed an activity plan and an operational toolkit that were efficient and covered every managerial facet – internal and external – necessary for good project management.

Target Groups and Beneficiaries

The members of the implementation teams for the two organizations that developed and implemented “A Fisher's Life for Inclusion” were the main beneficiaries of Activity 1. Being their first organized experience with Erasmus+ and KA2, the activity offered Treenacria’s employees a significant chance to develop their organizational and project management skills in a long-term, structural way.

External stakeholders in Italy, Cyprus, and around Europe, including coastal municipalities, sustainability-focused associations, educational institutions, and senior community hubs, also benefitted in addition to the core teams. The methodical use of monitoring techniques, which resulted in a thorough qualitative-quantitative examination of intervention efficacy, also indirectly benefitted the organizations and target groups participating in the laboratory. Special focus was placed on how the action created new avenues for civic involvement and environmental education aimed at older persons with less access to schooling.

Contribution to Project Objectives

Activity 1 was a cross-cutting activity that guaranteed internal cohesiveness and immediately aided in the accomplishment of all goals stated in the laboratory and senior women’s narrative/educational experiences. It also served as the foundation for the sustainability and follow-up plans that were created to strengthen the partners’ internal capabilities and provide new chances for social promotion and green education in the medium term.

The partners contributed asymmetric Erasmus+ experience: SEAL Cyprus had extensive expertise, especially in large-scale partnerships, whereas Treenacria was fresh and inexperienced. Notwithstanding these variations, the focus of every workstream was on precisely defined management, administrative, and reporting tasks, which were followed by communication and distribution both inside and outside the partnership. The mapping of laboratories, stakeholder involvement, monitoring, and communication into operational stages with specific budget lines satisfied the requirements for realism and feasibility. The setup demonstrated the ability to yield significant benefits and to allow the consortium to finish the project in perfect accordance with program quality criteria.

Outputs and Results Delivered

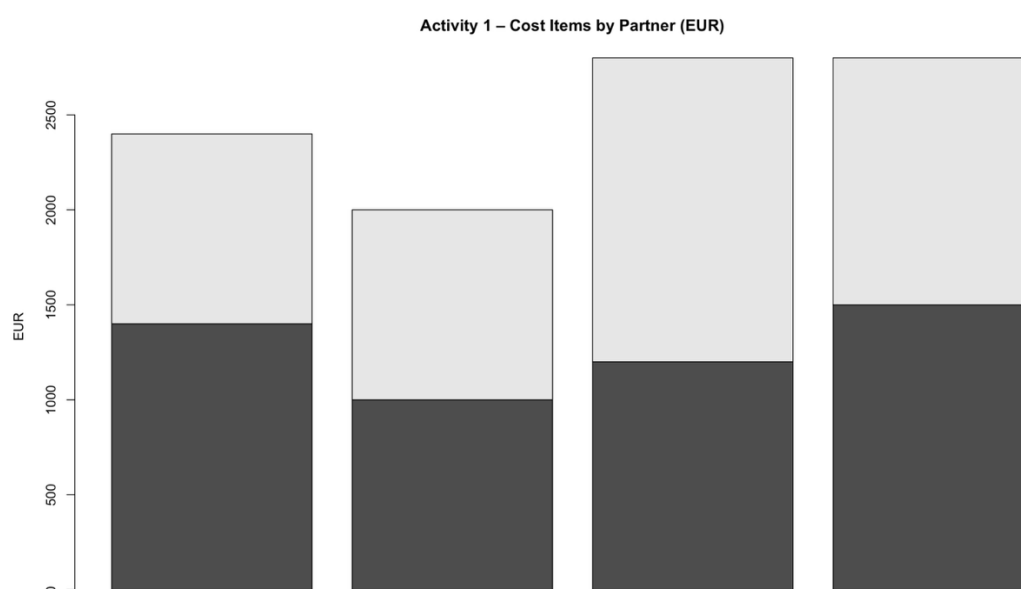
For what concerns management results, in month one, the activity resulted in an internal partnership agreement that governed inter-organizational relations and responsibilities, including those towards

the National Agency; in month two, a project plan and quality plan that included the GANTT and subsequent schedules, qualitative standards, monitoring models, and data-collection criteria; in month three, the applicant issued internal reporting templates for standardized documentation; and in month four, the activity produced systematic meeting minutes, often conducted online, every one to two months, and as needed.

With respect to outputs of communication and dissemination, the whole implementation team participated in one virtual and one physical mobilizations, which led to also in-person coordination meetings. The first took place virtually, while the second took place in Sciacca, Italy. These were significant events for mutual learning and organizational consolidation. Internal meeting materials and a regular online presence through websites, Facebook, Instagram, and EPALE were included in the communication packages. The content was created in three different languages: Italian, English, and Greek.

Budget Rationale and Resources' Allocation

Six officers, three from each organization, made up the implementation team. When required, more internal resources were used to guarantee excellent delivery. The allocation of resources took into account the Cypriot partner's prior experience carrying out comparable projects, Treenacria's members' longstanding social-animation and sport-education efforts, previous initiatives to revitalize underserved or peripheral centres, cost disparities between nations, and the necessity to value genuine effort and participation. The Figure below shows the allocation of resources.



In the figure above the darkest share represents those financial resources managed by Treenacria. Meanwhile, the grey share SEAL's. Activity 1's EUR 10,000 money was used to carry out the following allocations:

- **Treenacria** (subtotal: EUR 5,100): creating and validating four major monitoring tool administrations (EUR 1,000); preparing managerial/administrative documents and taking part in internal communication (EUR 1,400); assisting with the first mobility/kick-off (EUR 1,200); and creating the communication plan and contents (EUR 1,500). Treenacria subtotal: EUR 5,100.
- **SEAL Cyprus** (subtotal: EUR 4,900): support for the final mobility in Sciacca (EUR 1,600); validation and administration of monitoring tools in accordance with the lead (EUR 1,000); participation in internal communication, internal reporting, and assistance to the coordinator (EUR 1,000); adherence to the communication plan and creation of additional visibility contents (EUR 1,300).

Section IV: Activity II

Activity Framework and Position within the Workplan

With a grant allocation of EUR 29,400, Activity 2 was provided in Italy over a period of 274 days, from January 9, 2023, to May 31, 2024. It served as the project's initial technical pillar, operating concurrently with cross-cutting management and communication (Activity 1) and contributing to the senior people's sustainable consumption and life skills route (Activity 3). In order to engage adults, mainly senior women, with marine sustainability, the activity used outdoor education and narrative techniques to recover and re-elaborate the local seafaring and fishing culture (south-western Sicilian coasts and, through joint sessions and exchanges, the eastern coasts of Cyprus).

Scope, Leadership and Partnership Set-Up

Treenacria led the activity, while the Cyprus Organization for Sustainable Education and Active Learning, or SEAL Cyprus, was one of the collaborating organizations. While SEAL Cyprus provided content creation, facilitation, Cypriot participant mobilization, and interpretation/mediation during transnational online interactions, Treenacria oversaw the overall design and implementation in Sicily and conducted the in-person workshops. In order to maintain consistency in processes and documentation, the partnership worked within the guidelines, monitoring tools, and communication standards set out in Activity 1.

Content and Processes Implemented

Senior adults from coastal and island communities participated in the exercise, especially women over the age of 55. Participants began by reevaluating small-scale fishing and local marineria before delving into the Mediterranean Sea's most pressing environmental issues, which include overfishing, biodiversity loss, marine pollution, and sea temperature increase. The curriculum was organized using two complementary instructional instruments:

- Similar to "forest bathing" and other nature-based, excursion-style activities, recreational sport fishing is a recognized sort of outdoor education that has been shown to improve participants' mental and psycho-physical well-being.

- Storytelling and narratives are effective ways to integrate community and personal memories with forward-thinking practices, increase environmental awareness, and develop sustainability competencies.

These threads were created simultaneously and are closely related to the objectives of the project. Women's roles in fishing, a productive realm of female engagement that started to fade from island and coastal centres in the 1950s and 1960s, were retrieved and debated on the one hand. Conversely, storytelling techniques were employed to engage civic groups that are frequently excluded from mainstream awareness campaigns due to ageism, poor educational attainment, or a lack of sectoral expertise, as well as to teach fundamental skills for marine preservation. Thus, a purposefully diachronic viewpoint was provided by the didactic architecture, moving from local memory to new "green" agency and female assertiveness.

Delivery included both guided pondering times and in-person coastal experience excursions. Covered topics included understanding phenomena like rising water temperatures, general aspects of the environmental problem as seen at sea, and narrative reconstruction of Mediterranean female fishing and aquaculture customs. The Sicilian and Cypriot groups participated in two moderated online discussions; the implementation teams served as interpreters to guarantee inclusive participation.

Target Groups and Beneficiaries

Senior women (aged 45–50+) who lived in the intervention regions made up the main target group. The profile was quite uniform: women with poor literacy and limited competencies who were either mostly unemployed or only rarely working. For a minimum of 30 direct beneficiaries, Treenacria organized a working group with 15 members in Sciacca (AG), while SEAL Cyprus organized a matching group with 15 members on the Cypriot side. Other individuals, including younger adults, who were eager to take part in an outdoor education route targeted at renewing their area were also invited into the activity in accordance with non-discrimination principles.

Recruitment depended on affiliated partners and was started early and improved during implementation. The local public health authority in Sicily, ASP Sciacca, which interacts with the public on a daily basis and has a large number of elderly ladies who are frequently caregivers for people with physical or mental disabilities, showed a great deal of interest in the activity and assisted in including these users. The Cyprus Multifunctional Foundation and the Municipality of Nicosia's department for social activities, vulnerable groups, NEETs, and elderly people living alone were two partnerships that SEAL leveraged in Cyprus. Throughout the project, staff members had the chance to develop as trainers, educators, and "green" community organizers in a transnational working environment.

Contribution to Project Objectives

The project's educational, knowledge-enhancement, and civic engagement goals were all directly impacted by the activity. Approaches based on social justice, sustainability, and equity are necessary to advance marine sustainability. In order to prevent entrenched exclusion among groups already marginalized by gender, remoteness, labour market fragility, or age, bottom-up engagement is crucial, even though large-scale policies (sustainable fisheries management, renewable energy promotion, plastic pollution reduction, and sustainable tourism) are crucial. Activity 2 provided a systematic theoretical-practical approach to a target with limited traditional chances for voice or protagonism by placing local human specificities inside a recognized European educational need. Participants were able to reactivate hidden memories and connect to new, broad, and complex competencies regarding marine ecosystems, biodiversity loss, and climate-driven sea-warming through the outdoor context of recreational fishing. This allowed for tangible, everyday responses to these trends.

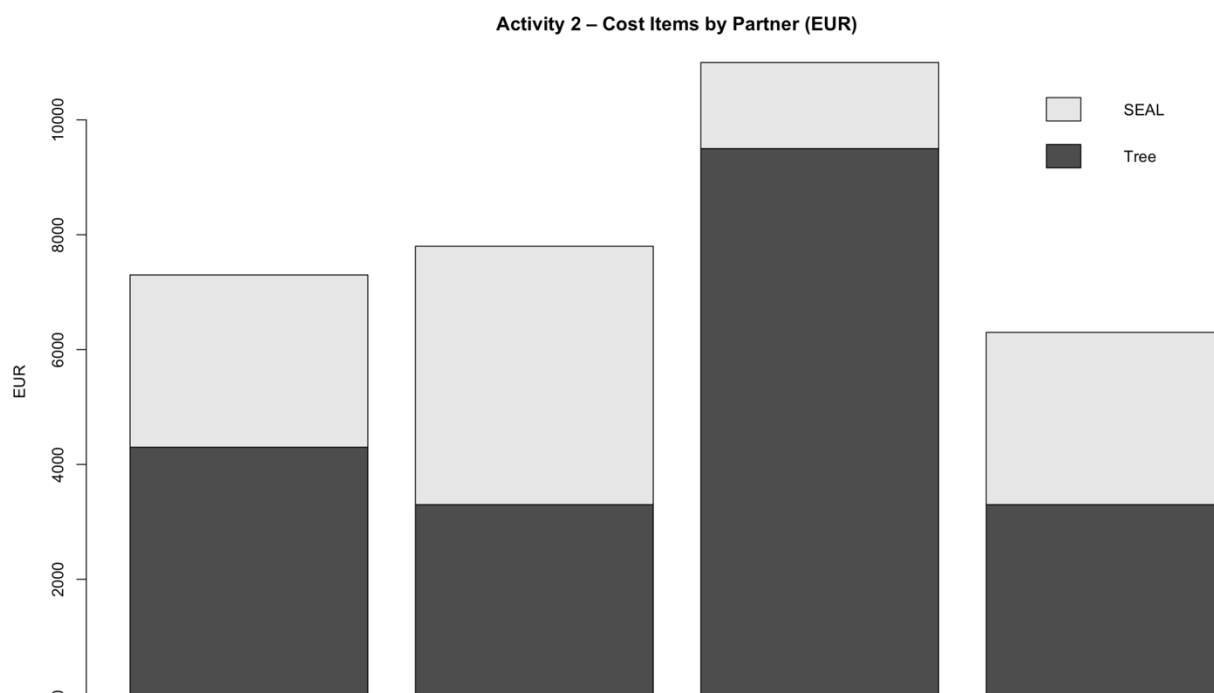
Outputs and Results Delivered

The exercise produced concrete and intangible outcomes:

1. Replicable in various coastal environments with aging populations, this comprehensive adult education route focuses on rediscovering women's protagonism in fishing and aquaculture and is experiential in character, catering to individuals with limited opportunities and competencies.
2. Enhancement of active aging and transfer of skills to implementation personnel (sport-fishing instructors, animators, and social promoters), who worked on the ethical use of coastal natural heritage and tried informal outdoor approaches for a complicated objective.
3. Spreading awareness among older persons, both generally and in particular about recreational fishing, marine protection, and its psychological and physical advantages from an eco-social and eco-solidary standpoint.
4. A didactic guidebook that covers environmental literacy material, activity styles, and safety/ethics guidelines was prepared in Italian, Greek, and English.
5. 40 hours of narrative-experiential recreational fishing classes, four in each of the two countries (Cyprus and Italy).
6. To compare the experiences of the two women's groups, an online intergroup session was facilitated by staff members who also served as interpreters.
7. The project's quality framework incorporates monitoring data from two assessment questionnaire administrations.

Budget Rationale and Resources' Allocation

The EUR 29,400 activity budget, which took into account national cost differences, competence, and real effort, was split between the two organizations. To ensure quality, further internal resources were added as needed to the implementation team, which consisted of six officers (three from each organization). The Figure below shows the allocation of resources.



Treenacria (subtotal: EUR 20,400) was in charge of the Italian delivery and incurred expenses for the following:

- creating the didactic handbook (in both Italian and English), adapting it digitally, and delivering the training (EUR 4,300);
- developing the theme and content (EUR 3,300);
- organizing and coordinating participants in Sciacca (AG) and delivering the educational and recreational-fishing pathway (4 workshops / 20 hours) (EUR 9,500);
- organizing, mediating, and facilitating two online dialogue workshops connecting Sicily and Cyprus, including simultaneous translation (EUR 3,300).

SEAL (subtotal: EUR 9,000) Cyprus made the following contributions:

- logistical support to the coordinator for the two online dialogue workshops and simultaneous translation (EUR 1,500);
- coordination and mobilization of participants in coastal territories near Nicosia and delivery of the educational and recreational-fishing pathway (4 workshops / 20 hours);
- intellectual support for the didactic handbook (Italian & English), digital adaptation, and training delivery (EUR 3,000).

Section V: Activity III

Activity Framework and Position within the Workplan

Activity 3 was implemented in Cyprus between 01/03/2024 and 30/06/2025 (duration 487 days), with a grant allocation of EUR 20,600. It constituted the second technical pillar of the project and ran under the transversal managerial and communication framework of Activity 1 while dialoguing methodologically with the experiential, narrative pathway on recreational fishing delivered in Activity 2. The action focused on food-related behaviours – from product selection and purchasing to preparation and consumption – and translated marine and environmental sustainability into the daily domestic sphere of senior women living in coastal/island areas.

Scope, Leadership, and Partnership Set-Up

Treenacria innovazione e creatività (Italy) participated in the activity, which was organized by SEAL Cyprus (Cyprus Organization for Sustainable Education and Active Learning). Treenacria co-developed materials, directed the Italian cohort in Sciacca (AG), and planned the final dissemination event; SEAL Cyprus oversaw content, delivery, and local mobilization in Cyprus and offered theme supervision and output validation. To guarantee continuity, traceability, and comparability of outcomes, all procedures, documentation standards, and monitoring tools were identical to those that had been set up in Activity 1.

Contents and Processes Implemented

The activity translated the realization that households play a critical role in reducing food waste and that consumption decisions have quantifiable environmental repercussions. This realization is at the heart of the European Green Deal and its strands (Farm to Fork Strategy, Organic activity Plan, Biodiversity Strategy). The activity addressed consumers' underestimation of the environmental impact of their dietary habits and the ongoing inefficiencies of household food management, which is consistent with evidence presented in the Comprehensive Measurement of Italian Domestic Food Waste in a European Framework (2021) and with the European Consumer Organization (2021).

Activity 3, which focused on senior women in coastal communities with limited prior training in sustainability, reused the story and experiential technique that was successfully tested in Activity 2.

Together, the sessions included: a) educational materials on sustainable buying, seasonality, labels, and the environmental impact of products (including seafood and fish); b) facilitated conversations about regional culinary customs and how to reinterpret them using sustainability standards; and c) hands-on micro-workshops on preventing kitchen waste, reusing leftovers, and finding cost-effective substitutes for highly impactful products.

Price perceptions, restricted availability of some items compared to mass-produced alternatives, and, most importantly, knowledge gaps and the challenge of choosing sustainable solutions were all specifically addressed in the learning route. Operators implemented “ecological pills” – brief agro-environmental and agro-food units – that were adapted to the target’s age, educational background, and daily routines and administered using informal and storytelling methods.

Target Groups and Beneficiaries

Senior women and partnership employees (outdoor educators, recreational-fishing instructors, green campaigners, and trainers) were the main beneficiaries. A total of 30 adult women (15 each organization) were mobilized by the implementation, and there was the option – when practical – to include younger adults and other participants. Because each woman was a member of broader family networks, this 30-person sample size was thought to be ideal. As a result, changes in sustainable diets and home behaviours had a multiplier impact on a significantly greater number of residents.

Participants received assistance in becoming advocates and “ambassadors” of new daily practices related to cooking, purchasing, and reducing food waste. In order to address the obstacles of low literacy and familiarity as well as the weight of habits typical of older consumers (such as buying out-of-season produce or high-impact seafood that threatens biodiversity or ignores regeneration cycles), each reflected on how personal choices intersect with local and traditional gastronomy. The group profited from storytelling practices and non-formal learning units that were tailored to the target’s needs and promoted socialization in collaboration with the operators.

Contribution to Project Objectives

By incorporating sustainability into everyday home practices, the activity immediately aided in achieving the project’s goals. The greatest immediate benefits came from basic literacy pathways that avoided excluding groups that find it difficult to relate sustainability discourse to everyday cooking and consumption, even though authorities still need to provide better information (e.g., clearer labels, accessible sustainable options). The action re-analysed the Mediterranean gastronomic heritage (Sicily–Cyprus) by focusing on a specific target defined by age, gender, geography, and competencies.

It also highlighted customs to maintain versus practices to alter or discontinue (e.g., overfishing-related choices, non-seasonal or high-impact products). By doing this, it furthered the project's goals of civic engagement, empowerment, and education.

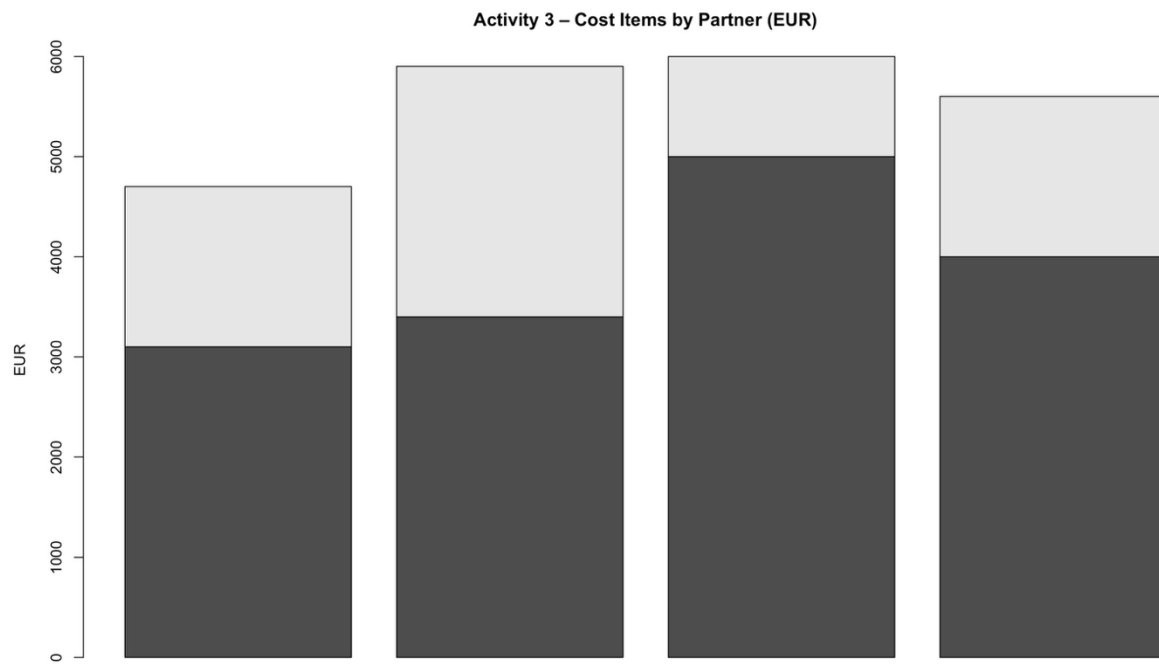
Outputs and Results Delivered

Delivered were the following concrete and intangible outcomes:

- Thirty adult women (15 per organization) attended six meetings (two in Cyprus and four in Sicily). Ten "sustainable menus" for household usage were created using a combination of narrative and informational workshops. These included fresh, cost-effective suggestions that began with purchase selections and instructions for reducing domestic waste.
- Reviving Sicilian and Cypriot culinary customs while adhering to sustainability standards, including easily readable handouts in Greek, Italian, and English about waste, leftovers, and responsible consumption.
- At the conclusion of the activity (from month 21 to May 2025), a final diffusion event of sustainable gastronomic culture was conducted in Sciacca (AG), with a target of 50 participants and an emphasis on outcomes and approaches.
- Long-term intergenerational communication in Mediterranean senior communities, the closeness of sustainability concepts to daily life, a greater sense of social inclusion, and the partners' development of new skills for long-term educational delivery (such as storytelling exercises and creating alternative menus appropriate for local settings) were among the intangible results.

Budget Rationale and Resources' Allocation

A six-officer implementation team (three per organization) contributed to the EUR 20,600 budget, with internal resources being added as needed. Allocation took into account the requirement to value the real workload, partner experience, and nation cost differences. The Figure below shows the allocation of resources.



Treenacria (subtotal: EUR 15,500) was in charge of the following:

- The cost of creating the didactic guidebook on waste and consumption, together with behavioural suggestions in both Italian and English, is EUR 3,100.
- Development of themes and content; production and distribution of seven “sustainability menus” in nearby coastal regions of Sicily: EUR 3,400.
- Organizing and coordinating four educational/narrative meetings on food, consumption, and waste (20 hours) in Sciacca (AG) cost EUR 5,000.
- At activity close (from month 21 to May 2025), a local dissemination event in Sciacca (AG) will be designed and delivered for EUR 4,000.

SEAL (subtotal: EUR 5,100) was in charge of the following:

- Intellectual oversight for the guidebook on three sustainable meals’ creation, consumption, and trash; EUR 1,600 for local distribution.
- Coordination and mobilization in Cyprus; two eight-hour educational/narrative meetings on food, consumption, and waste are being implemented; the total cost is EUR 2,500.
- EUR 1,000 for topic mentoring and outcomes validation.

Section VI: Impact and Follow-Up

Evaluation Framework and Indicators

The degree to which participants returned to fishing-related activities and the project's gastro-narrative environmental education routes was used to measure the impact. The fishing tradition is ingrained in local female recollections in Siciacca and Cypriot coastal cities, as well as in many other maritime and island environments throughout Europe. Fish processing, which includes cleaning, filleting, and putting items into jars, has historically employed a large number of women, making them a vital link in the supply chain. However, there have been several obstacles for women working in the fishing industry, including discrimination based on gender, restricted access to funding and training, and problems with occupational health and safety. Cultural and social restrictions generally limited participation, and women were often the first to quit the industry as rural and coastal economies collapsed due to competition, overfishing, and climate change.

A transversal strategy was needed to reestablish the connection between women and fisheries, with an emphasis on women who are currently marginalized in civic and cultural engagement. Therefore, the initiative centred its influence on three key points: political and cultural literacy, gender equality, and the right to be included in community life as necessary conditions for a truly inclusive and equitable type of growth (even before economic results).

The staff created a four-point evaluation design using structured questionnaires, pre- and post-cycle for Activity 2 and pre- and post-cycle for Activity 3 and made sure that all informational materials created during the two training cycles were accessible and multilingual in order to make this measurable. These tools assessed the development of competence while gathering experiences and expectations; the results were utilized to adjust delivery and implement changes as needed.

On the quantitative side, the partnership employed attendance sheets for stakeholders engaged in final events, for example, in addition to participants. The implementation team used the same questionnaire approach, modified for internal use, to track the level of collaboration between the two organizations. The following qualitative and quantitative visibility indicators were also collected and tracked: downloads of handouts and other materials; views on project social media postings; and involvement of professionals and outside organizations in the ECALE community established for the project. The evidence structure was completed by routine management and implementation monitoring, which included GANTT charts, a phased project plan, expenditure sheets, and recurring internal financial reports.

Organisational Development and Long-Term Perspective

Dissemination focused on materials that assist “resistant” targets in adopting sustainable consumption practices and on informal instructional approaches centred around recreational fishing. Organizations that carry out comparable professional functions (green volunteers, senior educators and animators, operators in social promotion and in the reconstruction of outlying or poor locations) were the primary target for distribution across Europe.

In choosing partners for communication and follow-up, SEAL Cyprus’s broad experience with related Erasmus+ projects – like “BEE – Blue Economy Entrepreneurship” and “GREEN MEME EFFECT: Greenfluencing microinterventions in physical and digital social space of youth to foster eco-friendly and sustainable behaviours” – as well as its demonstrated visibility work in European spaces were crucial factors. Treenacria received assistance from SEAL in creating a 24-month communication strategy. Among the communication tools were trilingual newsletters, articles and briefings on EPALE (including a theme group for adult education practitioners around Europe), and channels specifically dedicated to “A Fisher’s Life for Inclusion” with a full editorial schedule. SEAL also supported a significant diffusion event in Sciacca (Agrigento) that was connected to Activity 3 and the laboratories. Press conferences were not scheduled in accordance with environmental responsibility in order to save needless paper waste; instead, community-facing activities were preferred.

Treenacria worked with the Municipality of Sciacca, the Lega Marina di Sciacca, and the local public health authority (ASP) in Sciacca. The ASP was especially interested in promoting free and easily available education for women and caregivers (and, more generally, for adults and adolescents). The outcomes and techniques of the project directly benefited these stakeholders, who were mostly connected to the Agrigento region. Additionally, Treenacria works with several third-sector players (volunteering, social promotion, and animation for aged care), mostly in the Province of Palermo and the coastal regions of Agrigento.

In the fields of education and training (schools and youth volunteers), SEAL Cyprus made use of a vast network that reached thousands of users and stakeholders in Cyprus. In particular, SEAL plans to work with the Cyprus Multifunctional Foundation and the Department for Social Activities, Vulnerable Groups, NEETs, and Elderly in Solitude of the Municipality of Nicosia for future initiatives.

Continuity and Next Steps

In order to continue using the results after the grant period ended, the partnership intended to:

- 1) maintain and moderate the EPALE community, guaranteeing free access to materials and ongoing practitioner exchange;

- 2) re-run and modify the laboratories (fishing-based environmental education and sustainable cooking/waste reduction) in other coastal communities using the tried-and-true formats and handbooks created in three languages;
- 3) incorporate the monitoring framework (pre/post competence assessment, visibility analytics, cooperation-quality surveys) in subsequent initiatives to allow for long-term comparability;
- 4) look for new calls and platforms at the Mediterranean and European levels to scale the approach, with Treenacria serving as the local beneficiary and SEAL serving as mentor and methodological supervisor.

Section VII: Qualitative Comparative Analysis (QCA), Quantitative Achievements, and Evaluation of Competences Achieved

Although the main actors of the project “Fisher's Life for Inclusion” were the participants, it also had a strong impact on those who fully managed the project, from educational activities to experiential ones. Analysing and evaluating the entire process from an internal perspective provided a solid foundation for understanding strengths and possible areas of improvement. It was not just a formal exercise, but a process that allowed listening to the perceptions of organizers and coordinators, reflecting critically on the course of the activities, and identifying future development prospects that this wonderful project brought to light. This section reports the main observations, divided into the different thematic areas that we believe hold the greatest weight for the internal evaluation of “Fisher's Life for Inclusion.”

Objectives and Alignment with the Mission

Starting from the key objectives of the project, which were deemed clear, realistic, and shared by all stakeholders, it is evident that the focus on the main mission was successfully maintained and, gradually but effectively, absorbed by the project ecosystem, beginning with the proposing associations (Treenacria Innovazione e Creatività and SEAL Cyprus) and reaching each participant. This clarity allowed for the creation of a solid working foundation that considerably strengthened the partners’ motivation. Treenacria’s mission was clear: inclusion, valuing diversity, social innovation, and active participation. These principles were constantly present throughout all phases of the project. The consistency between values and activities enabled a strong sense of belonging and collective identity, which fuelled the project’s success.

Quantitative and Qualitative Results

Turning now to the analysis of quantitative and qualitative indicators, the evaluation shows a highly positive outcome: the success indicators defined in the design phase were largely achieved. On the quantitative side, public participation was satisfactory, with a level of engagement consistent with the expected target. Although the numbers did not reach particularly high levels, the quality of the interactions represented an added value. Indeed, on the qualitative level, the project delivered excellent results: according to the internal evaluation, participants expressed a high degree of

satisfaction, showing enthusiasm and interest in the proposed content. The impact was not limited to cultural enrichment but also fostered the building of new relationships and the development of skills related to the themes addressed by “Fisher's Life for Inclusion.”

Management, Partners, and Resources

As this project involved two EU countries, it was essential to evaluate whether the collaboration with partners was effective. The findings show that each party contributed responsibly, strengthening the quality of the actions undertaken and making each moment unique – not only through the active presence of the two associations but also via the exchange of suggestions and advice that supported the success of each activity. Complementary skills were a strength, allowing challenges to be addressed from different perspectives and with richer content. The management of financial resources was considered positive: the budget was used efficiently and transparently, avoiding waste and optimizing investments, with each expenditure carefully calibrated and analysed according to the project's needs.

Impact and Continuity

One of the most significant results concerns the project's impact, which went beyond the duration of the activities and laid the foundations for future development. New opportunities for collaboration emerged with local and regional organizations that fully embraced the F-life approach, as well as the possibility of replicating some experiences in other similar contexts. This demonstrates that interest in the initiative was not an isolated event limited to the project's duration but rather a building block in a broader and longer path of growth. Inclusion, the guiding thread of the project, was experienced by participants as a lived value, not merely as an abstract principle.

Challenges and Recommendations

Despite many positive aspects, the internal evaluation also highlighted some challenges. The main one concerns the need to further expand the user base, ensuring even broader and more diverse participation. Part of the audience reached by the initial project participants did not fully align, for instance, with the target age group proposed in the project. Clearly, Treenacria followed a principle of non-discrimination, offering the opportunity for anyone to take part in and benefit from the project's activities.

Conclusions

The project “Fisher’s Life for Inclusion” successfully achieved its objectives and produced a positive impact, both direct and indirect, acknowledged by all stakeholders. It respected the association’s values, promoted inclusion and participation, made effective use of available resources, and laid the groundwork for future continuity. The internal evaluation confirms the validity of the actions undertaken and commits to pursuing with determination all objectives and challenges that emerged during these two years of the project.

Section VIII: Material Produced

Various materials (e.g., pdfs, photos, videos, slides, and so on) has been produced during all the activities of the project. This material can be reviewed in Treenacria's website (<https://www.treenacria.org>).

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TREENACRIA



INNOVAZIONE E CREATIVITÀ

39

SEAL
CYPRUS



A FISHER'S
LIFE
FOR
INCLUSION