

Introduction

Inclusive Future Sport Lab with is an interactive co-design session aimed at developing Strategic Foresight on inclusive sports services in rural areas. After a brief introduction to the methodology, participants engage in a World Café across four thematic tables: sport and mental health, access to sports facilities, sportsmanship as social leverage, and equal opportunities. By rotating among tables, participants cocreate shared visions to address the challenge of making rural communities more inclusive, active, and attractive for all generations. At the end will be realize a Strategic Foresight to get more involved the city spaces and make it more attractive to young people and older ones.



