

STREET GAMES

STREETGAMES X GET SET FOR MILAN

A top tips guide to help your organisation connect the young people you work with to the Olympic Winter Games and Paralympic Winter Games Milano Cortina 2026



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ABOUT THIS GUIDE

We know that connecting to major sporting events causes an ‘inspiration effect’ of increased participation in sport and physical activity – but for young people living in low-income, underserved communities, opportunities to do so are all too often limited. StreetGames’ Inspiration campaign aims to change this, creating opportunities for young people across our network to connect to major sporting events through spectating, participation and volunteering opportunities.

This guide is designed to support community organisations in our network to engage with the Olympic Winter Games and Paralympic Winter Games Milano Cortina 2026. While the Olympics and Paralympics take place in a winter sports setting, this is not about delivering winter sports themselves or being based in the Alps. Instead, it is about taking inspiration from the athletes, stories and values of the Olympics and Paralympics to help get young people moving, engaged and motivated through the winter months. The guide explores ideas and resources to help young people connect to Milano Cortina 2026 through spectating, participation and volunteering opportunities.



STREETGAMES & TEAM GB

StreetGames is proud to partner with Team GB and the British Olympic Association (BOA) to bring the power of Olympic sport to young people growing up in underserved communities. This exciting collaboration supports StreetGames' mission to transform the lives of young people through sport.

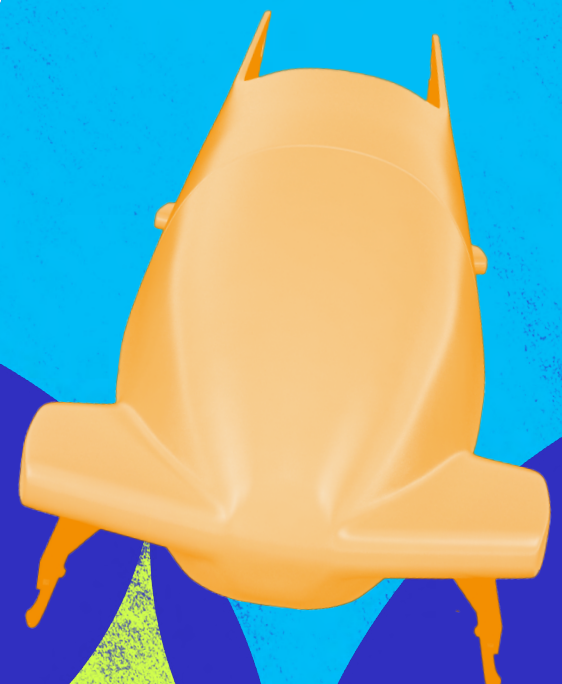
By leveraging the Team GB brand and the inspirational stories of its athletes, the partnership helps to tackle barriers to participation and create new opportunities for young people to engage with sport in meaningful ways. From vibrant community sessions and kit donations to opportunities to meet world class athletes, our partnership is helping to connect more young people with the Olympics and empower the next generation.

INVITATION TO NEW FUNDERS

We welcome discussions with funders who share our ambition to give every young person, regardless of background, the chance to enjoy the life-changing benefits of sport. Let's build meaningful, long-term relationships that achieve shared social impact.

Contact:

Vicky Weir - Head of Trust and Foundations Fundraising
vicky.weir@streetgames.org / fundraising@streetgames.org



INTRODUCTION TO THE GAMES AND OLYMPIC AND PARALYMPIC VALUES

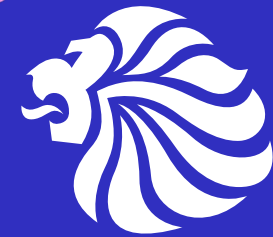
The Olympic and Paralympic Games are global, multisport, celebratory athletic competitions. Taking place every four years, they are two of the world's biggest sporting events – providing a space for athletes from all over the globe to compete at the highest level. This year, the Olympic Winter Games and Paralympic Winter Games are taking place across Italy, which will provide an amazing opportunity for young people in the UK to watch athletes compete live and be inspired to get active.

The Olympic and Paralympic Values are shared by athletes all over the world. Athletes put these Values into action in competitions, training, and everyday life.

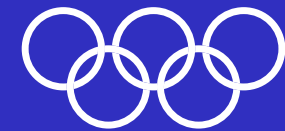
The Olympic Values are: Respect, Excellence, Friendship

The Paralympic Values are: Determination, Inspiration, Courage, Equality

Look out for the Values in action this winter at the Olympic Winter Games and Paralympic Winter Games Milano Cortina 2026. In your activity sessions with young people, we encourage you to consider how you can recognise and reward participants who are displaying these Values.



TEAM GB



ParalympicsGB



SPECTATE

Where can I watch the Olympic and Paralympic Winter Games Milano Cortina 2026?

The **Olympic Winter Games** will be available to watch live on BBC, BBC iPlayer and the BBC Sport website and app. [Information about the BBC's Olympic TV schedule can be found here.](#)

The **Paralympic Winter Games** will be available on Channel 4, More4, Channel 4 Streaming and Channel 4 Sport's YouTube.



OLYMPICS SORTED BY SPORT				PARALYMPICS SORTED BY SPORT	
Opening ceremony	6 February	Luge	4-12 February	Opening ceremony	6 March
Alpine Skiing	4-18 February	Nordic Combined	9-19 February	Para Alpine Skiing	7-15 March
Biathlon	8-21 February	Short Track Speed Skating	10-20 February	Para Biathlon	7-15 March
Bobsleigh	12-22 February	Skeleton	9-15 February	Para Cross-Country Skiing	10-15 March
Cross-Country Skiing	7-22 February	Ski Jumping	5-16 February	Para Ice Hockey	7-15 March
Curling	4-22 February	Ski Mountaineering	19-21 February	Para Snowboard	7-14 March
Figure Skating	6-19 February	Snowboard	5-18 February	Wheelchair Curling	4-14 March
Freestyle Skiing	7-21 February	Speed Skating	7-21 February		
Ice Hockey	5-22 February				

[The full Olympic Schedule can be found here.](#)

[The full Paralympic Schedule can be found here.](#)

HOW CAN YOU SUPPORT YOUNG PEOPLE TO WATCH THE WINTER OLYMPICS AND PARALYMPICS?

Here are a few suggestions of how you can help young people to watch the Olympic and Paralympic Winter Games Milano Cortina 2026: Use a projector or TV at your sessions: If you have access to a projector, why not use it to screen the action live on to a big screen whilst young people are taking part in your activities or having their lunch? Share the above TV guide with families to highlight when and where to watch Milano Cortina 2026 live or on demand.

ATHLETES TO HELP YOUNG PEOPLE CONNECT TO MILANO CORTINA 2026

A great way of helping your participants connect to these major events is to follow the players and athletes. You could support your participants to research the athletes from a particular discipline, follow them on social media, and find out where they train/play. You may find that some of the athletes are from nearby, went to the local high school, or played for the club down the road! This will all help to raise the aspirations of your participants and hopefully help them to feel proud that an international athlete is from their local community.

You could run a social media challenge with your young people, awarding points for connecting with athletes. Could your participants send good luck and congratulations messages to players and squads, or photos and videos of them trying their sport within your Doorstep Sport delivery? Better still, could you empower your young people to come up with the challenge ideas and how to award points throughout the event?

TEAM GB APP

To make sure you don't miss Team GB in action in your favourite sports, why not download the free Team GB app? Alongside live Milano Cortina 2026 scheduling and reporting for every Team GB athlete, sport and medal, the app has fun daily quizzes and the opportunity to win exclusive prizes.



PARTICIPATE

Tips to help you use Milano Cortina 2026 to increase young people's participation and highlight the range of sports taking place during the Winter Olympics and Paralympics.

There are so many different things you can do to link your Doorstep Sport activity/sessions to Milano Cortina 2026. We have put together a few suggestions below to help you get started with planning your activity for the winter, and beyond.

'POP-UP' CLUBS/ACTIVITY

Pop-Up Clubs are designed to support local StreetGames partners to deliver new and exciting activities for their young people linked to events taking place on the national or international stage. A 'pop-up' can be a session or series of sessions that give young people the opportunity to take part in Olympic and Paralympic sports. They could be offered as tasters or 'come and try' activities. The idea is that people see the activity and make the connection with and are inspired by the Games. A pop-up offer could include a fun, accessible, modified version of Olympic and Paralympic Sports.

IDEA

Use a local venue, park or community space, or somewhere a bit different like a dry ski slope.

WHY?

Expose young people to new settings, increase local awareness and participation.

IDEA

Give young leaders the chance to lead fun Pop-Up activity sessions.

IDEA

Identify opportunities, through locally funded initiatives such as HAF and take young people to the local ice rink or indoor ski centre.

OLYMPIC-THEMED NEIGHBOURHOOD FESTIVALS

Neighbourhood festivals provide participants with opportunities to take part in sport and compete and celebrate with other young people from their project or neighbourhood. Echoing a larger scale sporting event at a local level can help to grow and sustain young people's participation in sport. You could think about including the following in your festival: t-shirts, medals, prizes, giveaways, music, food, fitness activities, other lifestyle activities such as face painting and nail art.

PARTICIPATE

Tips to help you use Milano Cortina 2026 to increase young people's participation and highlight the range of sports taking place during the Winter Olympics and Paralympics.

CELEBRATIONS

If there are any community events taking place during the Olympic Winter Games (6th–22nd February) or Paralympic Winter Games (6th–15th March), consider delivering some local sporting activities or festivals alongside these. Projects could also think about putting on their own opening and closing ceremonies for the Games or running an end-of-Games celebration or festival.

WRAP-AROUND ACTIVITIES

Providing opportunities for social interaction and bonding is as important as the physical activity/ sport sessions themselves. These opportunities help to nurture social connections and bring young people together to share common interests. Some ideas for making your offer varied and vibrant are provided below:

THINGS TO DO AT YOUR USUAL VENUE

- Watch Milano Cortina 2026 events with your young people
- Include food and drink, e.g. enjoying traditional Italian food such as pizza, pasta or gelato whilst watching the Milano Cortina 2026 events
- Organise sweepstakes
- Follow an athlete/player or country
- Organise fun competitions, possibly using social media
- Decorate your venue and do some associated arts and crafts, e.g. making flags and banners
- Include music in your session

TRIPS/VISITS/EXPERIENCES

- Take your young people to visit, look around and use local sports facilities linked to sports that are part of the Games
- Consider outdoor adventure activities as a taster, reward or celebration

Careful planning of 'down-time' and social time can enable conversations and ensure that there is an outlet to check-in with young people. It will also ensure that young people who are not as active within sessions have the opportunity to engage in a different style of activity. You can use these opportunities to engage parents too or let young people shape and lead these activities!



GET SET FOR MILAN

Get Set for Milan is the official inclusive activity programme from Team GB and ParalympicsGB. We are inviting you and your team to journey between the major sporting venues of the Olympic and Paralympic Winter Games Milano Cortina 2026, following Team GB and ParalympicsGB athletes as they compete in the adventure of a lifetime.



You'll move, play and work together to collect sporting badges – building healthy habits, staying active, and celebrating the power of teamwork.

WHAT DO YOU NEED TO DO TO GET STARTED? IT'S SIMPLE! JUST FOLLOW THESE STEPS:

1.

Register your team:

- Go to www.getset.co.uk/getsetformilan and create your team profile. Add team members (class, club, family, or group). [Watch our short how-to video for support with setup.](#)
- Or, [watch our in depth GSFM explanation video](#) to learn more about the programme, discover ways to get involved, understand how to use the resources, and navigate the platform.

2.

Explore the resources:

- Explore everything Get Set for Milan has to offer. Pick your first 15-minute session to try.
- Fancy trying something else? You can also log your own movement sessions!

3.

Prepare your space:

- Choose a safe indoor or outdoor area.
- Check for clear boundaries, hazards, and enough room to move.



GET SET FOR MILAN



4.

Get moving:

- Run your first activity or session. Encourage children to adapt the activities to suit them using "Try it your way".

5.

Log your activity:

- Record your minutes of movement on the website.
- Watch your team progress from the opening ceremony in Milan to the closing ceremony in Cortina.

6.

Celebrate progress:

- Mark each venue stop with a badge or mini celebration. Use certificates, stickers, or a wall display to show progress.

7.

Keep it up:

- Aim for at least three 15-minute sessions a week.
- Don't forget to log PE lessons, breaktime and lunchtime activity. These all count towards your journey.

Remember: any movement counts – at school, at home, or in the park! Plus, there are plenty of amazing prizes up for grabs to celebrate your progress along the way.

Any team of any size can succeed at Get Set for Milan. If your team is smaller than average, we'll give you the boosts you need to keep moving forward.

Joining late? No problem. We'll fast-track your progress so you can enjoy the benefits of Get Set for Milan in whatever time you have.

CULTURAL CELEBRATIONS AND ACTIVITIES

A great way to connect to the Olympic Winter Games and Paralympic Winter Games is to celebrate and learn about different cultures of the nations who are competing.

Can you theme any of your sessions based on who's taking part? Have a think about how you can connect your participants to different countries – you could have a go at learning some sport related-terminology in a different language, for example learning the names of the different Olympic and Paralympic sports in Italian:

OLYMPIC DISCIPLINES		PARALYMPIC DISCIPLINES	
ENGLISH	ITALIAN	ENGLISH	ITALIAN
Alpine skiing	Sci alpino	Para alpine skiing	Sci alpino paralimpico
Biathlon	Biathlon	Para biathlon	Biathlon paralimpico
Bobsleigh	Bob	Para cross-country skiing	Sci di fondo paralimpico
Cross-country skiing	Sci di fondo	Para ice hockey	Hockey su ghiaccio paralimpico
Curling	Curling	Para snowboard	Snowboard paralimpico
Figure skating	Pattinaggio di figura	Short track speed skating	Short track
Freestyle skiing	Sci freestyle	Ski jumping	Salto con gli sci
Ice hockey	Hockey su ghiaccio	Skeleton	Skeleton
Luge	Slittino	Snowboard	Snowboard
Nordic combined	Combinata nordica	Speed skating	Pattinaggio di velocità
		Wheelchair curling	Curling in carrozzina

If you provide food at your sessions, you could also include some low-cost snacks from different countries and try them as a group!

Please let your StreetGames area team know about any events/sessions you are planning linked to Milano Cortina 2026 – we will support you with them wherever we can.

We also love to see and celebrate your activities – please do share your photos and videos on social media, tagging @StreetGamesUK on:

FACEBOOK

INSTAGRAM

LINKEDIN

VOLUNTEER

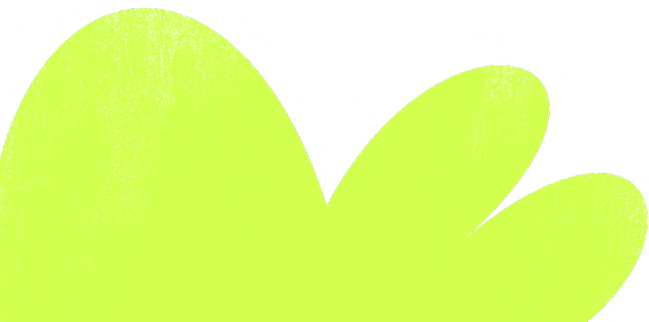
Tips to help you use the power of Milano Cortina 2026 to encourage young people to engage in local sporting event volunteer opportunities.

LOCAL EVENT VOLUNTEERING

Event volunteer opportunities are a key part of the volunteer pathway; they are often the starting point for young people and are an ideal way of engaging them for the first time. These are one-off opportunities that usually last between 3-6 hours and only require a minimal commitment for the young people involved.

SUGGESTED CONSIDERATIONS FOR ACTIVATING VOLUNTEERING IN YOUR COMMUNITY

Consider the opportunities that might exist for young people to volunteer in your own sessions or events – for example, some of the activities suggested in the ‘Participate’ section above. For those young people that are inspired by the Olympic Winter Games and Paralympic Winter Games, consider what local events/opportunities might be available for them to volunteer at in the near future to maintain their enthusiasm. Consider if any of StreetGames’ Training and Workforce Development opportunities could support your existing volunteers or potential future volunteers.



TOP TIPS TO MAKE EVENTS SUCCESSFUL AND ENJOYABLE FOR YOUNG VOLUNTEERS

- The roles volunteers do are key to the success of an event; they should be achievable yet challenging for the young people. Consult with young people before the event to find out their preferences. Example volunteer roles can be found in the Event Volunteer Managers Pack available on request from the StreetGames Volunteering team.
- Give the young people a briefing at the start of the event, show them around the venue and talk through the plan for the event and any aims or objectives you may have for the day.
- Allocate the young people a support person on the day that they can go to with any questions they may have.
- Ensure the young people are comfortable and enjoy the experience on the day.
- It may be helpful to allow the volunteers to try a variety of roles on the day to avoid them getting bored. Each volunteer can then take away different experiences from the day/role.
- Ensure the young people have enough breaks and give them the opportunity to explore the event for themselves.
- Where possible look to provide lunch and refreshments for the volunteers on the day, and if your event budget allows then give the volunteers a gift to take away with them – e.g. event t-shirt, goodie bag, keyring, certificate, thank you letter.
- At the end of the event call your volunteers together for a debrief, including thanking them for their hard work on the day; this recognition will go a long way with young people.

