

ERASMUS+ PARTNER IDENTIFICATION FORM

PARTNER ORGANISATION	
OID Organisation	E10322448 - PL
Full legal name (National Language)	Fundacja na rzecz Rekreacji, Aktywności, Mobilności i Edukacji
Full legal name (in English)	Foundation for Recreation, Activity, Mobility and Education
Acronym	FRAME
Address (Street and number)	Podleśna 48 / 45
Country	Poland
Post Code	01-673
City	Warsaw
Facebook Page	https://www.facebook.com/fundacjaframe
Website	https://framengo.pl/en/
Email	info@framengo.pl
Telephone	+48 784 967 808
PROFILE	
Type of Organisation	Foundation - NGO
Is the partner organisation a public body?	No
Is the partner organisation a non-profit?	Yes
Main sector of activity	Adults Sport
BACKGROUND AND EXPERIENCE	
Please briefly present the partner organisation	<p>The Foundation for Recreation, Activity, Mobility and Education was established in 2019 on the initiative of Anna and Bartosz as a natural continuation of the experience gained through student mobility projects carried out under the Erasmus+ programme. It was precisely these experiences that became the impulse to create an organisation whose mission was to support society in broadening horizons, fostering personal development, and cultivating openness to the world. From the very beginning, the Foundation's activities have been guided by the belief that education, physical and social activity, mobility, and international cooperation have a tangible impact on the quality of life of individuals and our community. A new stage of development began in 2022, when the Board's new parental role gave the Foundation a fresh, more personal direction. This</p>

	<p>became the inspiration to expand its activities to include areas related to supporting women—especially mothers—during the perinatal period and in their return to physical, social, and professional activity. The first project addressed to this group was Fitness for Moms—an initiative supporting women in regaining fitness after childbirth, strengthening their sense of agency, and counteracting social isolation and, indirectly, postpartum depression. These activities opened the space for further projects responding to the real needs of women, such as Mom Speaks English and later Entrepreneurial Mom. At the same time, the Foundation ran programmes for other target groups, responding to the diverse needs of the local community: Gordonki and Muzykowanki for children aged 0–4, Teen Fitness for adolescents, yoga with elements of mindfulness, and Fitness Day. In 2025, the Foundation’s activities expanded to a European scale with the implementation of the International Mobility as an Opportunity for the Development of the Foundation for Recreation, Activity, Mobility, and Education project, thus fulfilling its original aspiration. Today, the Foundation combines education, personal development, and practical support, implementing projects that serve diverse target groups, including women, families with children, young people, and adults.</p> <p>We act with passion and commitment, both locally and internationally, creating a safe and inspiring environment in which participants can learn, grow, exchange experiences, and build a future aligned with themselves. We believe that physical activity, education, and mobility—both local and international—are key to the development of individuals and entire communities. Our initiatives grow out of the authentic experiences, needs, and values of the people behind the Foundation—and this is what makes them genuine and effective.</p>
Domestic projects	<p>We have already completed a few domestic projects.</p> <ul style="list-style-type: none"> ✓ Fitness for Moms with Kids ✓ Gordonki – music classes for infants ✓ Teen Fitness (fitness for teenagers) ✓ Mom speaks English (online conversations with a tutor, focused on job interview topic) ✓ Fitness Day (family sports event consisting of 6 hours of several activities such as interval pieces of training, Joga, Pilates and Zumba) ✓ Joga with Mindfulness ✓ Entrepreneurial Mom
International projects	<p>Erasmus+</p> <ul style="list-style-type: none"> ✓ 2025-1-PL01-KA122-ADU-000337590
Target groups	<p>Women, Moms, Adults, Teenagers</p>
What are the skills and expertise of key staff/persons involved in this application?	<p>Anna Spyra – has a diploma in political studies with a marketing specialisation and pedagogical licence. She also graduated pedagogical course. During her studies, she did 4 foreign scholarships within the framework of the Erasmus+ Programme and CEEPUS</p>

	<p>Programme. This experience targeted her future life because, after graduation in 2018, she started working as an Erasmus+ Coordinator in Higher Education.</p> <p>Bartosz Spyra - has diplomas in political studies with a marketing specialisation and in Tourism and Leisure. He also graduated pedagogical course. During his studies, he did 4 foreign scholarships within the framework of the Erasmus+ Programme and CEEPUS Programme. After his studies, he did also Erasmus+ for the Young Entrepreneurs scholarship and Youth exchanges.</p> <p>In 2019 Bartosz and Anna established the FRAME Foundation.</p> <p>In FRAME Bartosz is a marketing manager and Anna is a project manager.</p>
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LEGAL REPRESENTATIVES

Title	Mr
Gender	Male
First Name	Bartosz
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Title	Mrs
Gender	Female
First Name	Anna
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