The project Flex-Yards for Young Potentials goes to combat social exclusion, which concerns a large part of young people and is widespread across all European countries, and concerns in particular some specific categories of young people, including young people with a migrant background and young people living in rural areas. In this sense, the objectives are to:

- Promote the inclusion and active participation of young people from disadvantaged groups through sport and volunteering.
- Improve the quality of youth work by teaching them new methodologies, related to education through sport.
- Activate and encourage a network of participating organizations and local key stakeholders, to share knowledge in promoting participation and inclusion of (vulnerable) young people
- Enhance cross-border cooperation in the field of education, social inclusion and personal & professional development of youth workers at local and European level.