

INVICTUS
GAMES
FOUNDATION



Over the past decade, it has been incredible to witness the growth of the Invictus Movement and the effect it has had in changing lives and saving lives.



As the community has grown to welcome nations from every inhabited continent on the planet, we can now truly describe the work of the Invictus Games Foundation as a Global Movement; with that description comes an immense responsibility, both for the community we have fostered and for the friendships we are yet to build.

We have not achieved this alone and there are countless people around the world who can and should stand up and say, ***“I’ve had a part in that.”*** Whether you volunteered for a day at a Games or you have dedicated your life to the cause; whether you gathered sponsorship for a local fun run or led your company’s charitable programme; whether you cheered from the sidelines in an Invictus Games hoody or crossed the finish line in an Invictus Games vest...we thank you all.

But the task is by no means complete.

We have more to do, and we cannot do it alone.

As the Invictus Movement continues to gain momentum, we look forward to the next decade of dedication to those we serve, and pride in the progress of their collective strength and recovery. Although we all may feel a sense of uncertainty in a dynamic geopolitical environment, we can be certain that the role of the Invictus Games Foundation remains to improve the lives of wounded, injured and sick service personnel and veterans by inspiring and facilitating engagement in sports recovery, and by influencing sustainable and lasting change for generations to come.

To those who have helped us get where we are today and to those who stand ready to help us where we are headed in the future, I thank you for your friendship and everything you do to serve those who have sacrificed so much in the service of others.

Prince Harry, The Duke of Sussex,
Founder and Patron of the Invictus Games Foundation.

**"MOVEMENT IS
THERAPY, THERAPY
IS INDEPENDENCE,
INDEPENDENCE IS
FREEDOM."**

Claudia Avila, Friends and Family Member
Invictus Games Vancouver Whistler 2025.



The Invictus Games Foundation was born from a simple yet powerful idea: those who have served and sacrificed for their countries deserve the opportunity to find new purpose, community and confidence through the power of sport.



Sport can be a powerful catalyst for recovery and a vehicle for onward rehabilitation by improving those aspects of injury or illness that affect one's physical, social and psychological health: increased physical activity results in improved general health and the ability to heal post-injury; inclusion in a positive team environment pulls people out of isolation and social exclusion that can be associated with disability; the highs and lows that one experiences through sport, the goals scored and the objectives achieved, the collective bonding experienced through the universal language of sport and the ability to rebuild an identity based on the activity you share with others all contribute to good mental health.

These impacts are impressive, but the Invictus Movement reaches more than just those on the field of play or those engaged in an adventure in a windswept wilderness. The examples provided by those incredible people undergoing their own restorative and life-affirming experiences are testament to us all; they inspire society to question what is possible, they promote inclusivity and progressive attitudes toward disability, and they invoke pride in our armed forces.

The individual stories of recovery are humbling, and the examples of systemic change are impressive; the Invictus Games Foundation cannot claim to have brought about all of this, but we are certainly proud of the part we have played.

It is a privilege to lead an organisation with such strong foundations and extraordinary potential to change lives. As we look to the future, we carry both pride in what has been achieved and a deep responsibility to set bold ambitions. Our vision is a world where no wounded, injured or sick (WIS) service person or veteran is left without the opportunity to recover, rebuild, and thrive through the power of sport.

Over the next decade, we will continue to catalyse systemic change across a growing international movement; focusing our resources where the need is great, while also strengthening the community we have proudly served over the past ten years.

To achieve this, we ask for continued participation from the community it is our honour to serve, continued collaboration from partners around the world who help us to deliver this support, and continued support from our friends, without whom none of this would be possible.

Together, we can ensure that every WIS service person and veteran has the chance to harness the power of sport and community to shape their recovery, their future, and their lives.

A handwritten signature in black ink, appearing to read "Rob Owen".

Rob Owen OBE, CEO of the Invictus Games Foundation.



The Invictus Games Foundation

is the world's leading organisation supporting international wounded, injured and sick (WIS) service personnel and veterans through the power of sport.

Founded 10 years ago by Prince Harry, The Duke of Sussex, the Invictus Games Foundation is a force for good: inspiring positive change, improving lives, and driving progress towards a better, more inclusive future for those who have served. Through sport, we enable wounded, injured and sick service personnel and veterans to reclaim their purpose, rebuild their identity, and shape a positive future beyond injury.

With our biennial Invictus Games and our year-round sports recovery and rehabilitation programmes, the Foundation has built a thriving global community spanning 25 nations and reaching every continent.

Service men and women risk their lives to protect others, defend freedoms, respond to crises and safeguard communities. Yet when their service ends, many face a harsh and often isolating transition back to civilian life. Too often, they are left with visible and invisible wounds — physical injuries, psychological trauma, or both — and without the support they need to rebuild their sense of self, identity and purpose.

Across the world, there remains a profound disparity in the recognition and support provided to those who have served. In many countries, access to adaptive sports and recovery programmes is limited or non-existent including the vital role of sport in rehabilitation. Without a structured rehabilitation pathway, too many veterans and their family members are left to navigate life after service alone, unseen and unsupported by the very societies they once defended.

The Invictus Games Foundation offers a clear, proven pathway for recovery and growth beyond injury.



The Invictus Games

Returning from deployment in Afghanistan, Prince Harry, The Duke of Sussex, watched as the coffin of a Danish Soldier was loaded aboard for repatriation alongside three injured British soldiers. That moment had a profound impact on him and, following a visit to the US Warrior Games in 2013, he was inspired to create the international Invictus Games to celebrate the unconquered human spirit, and shine a spotlight on these men and women who served.

We have since presided over seven iterations of the Invictus Games — from London in 2014 to Orlando, Toronto, Sydney, The Hague, Düsseldorf, Vancouver and Whistler in 2025, with Birmingham UK set to host in 2027 and a strong pipeline for hosting in 2029 and 2031.

Each iteration of the Invictus Games welcomes 500 competitors, plus their friends and family members, from around the world to experience meaningful and lasting healing through the power of sport.

Post the first-ever Winter Hybrid Invictus Games, held in Vancouver Whistler in 2025:

91%

reported having understanding and empathy for the challenges faced by Veterans and service members across Canada.

↑8%

increase in British Columbia for understanding of the sacrifices faced by Veterans and service members.

40k spectators for the Opening Ceremony

\$86.1m boost to local economy

45 international TV news outlets

31 international media outlets ran Invictus Games coverage totaling 571 hours of content

\$5.5m legacy fund for national and international projects.



Scan this QR Code to see the Invictus Games Vancouver Whistler 2025



86%

report feeling more connected and a greater sense of belonging.



75%

of participants, having taken part in the IGF's activities report they felt better equipped to contribute to society.



63%

of participants report using their experiences to help others.



71%

say they have regained control of their lives.



Our year-round programming

In an age marked by polarisation and division, the international Invictus Community brings people together, no matter their nationality, background or personal struggles. It is a collective, forged through courage and mutual respect. Having survived the crucible of armed conflict and the challenge of rebuilding body and mind, the Invictus Community shows the very best of humanity — reminding the world of the power of hope, resilience, recovery and a sense of belonging.

Through our year-round sport recovery programmes, grants and adventurous challenge opportunities, delivered via an app and platform [We Are Invictus] we support wounded, injured and sick men and women to improve their long-term physical and mental health, experience post-traumatic growth and contribute positively to their communities and help others.



The Invictus Games Foundation changes lives and saves lives. We catalyse systemic change for wounded, injured and sick service personnel and veterans worldwide. As a global movement, we are increasing the recognition and support to these men and women and their families, changing attitudes to mental health and disability and influencing the provision of sports recovery and rehabilitation on a global scale.

In Germany, the Invictus Games Düsseldorf 2023 left a legacy, with its theme of Enabling a Home for Respect making a significant contribution to the country's inaugural Veterans' Day in 2025 and the establishment of Invictus Germany – an organisation carrying forward the mission of the Invictus Games Foundation within Germany.

The German Federal Minister of Defence, Boris Pistorius, (pictured) said at the closing of the Invictus Games in Germany, that *“the Invictus Games Düsseldorf 2023 has honoured its promise of being a home for respect. I would foremost like to convey my utmost respect to the wounded, injured and sick and thank them most sincerely for taking part. They have taken their destiny into their own hands and demonstrated power and endurance, courage and will power! I would also like to thank the many soldiers, including numerous reservists, for making these games possible. For them it was more than a task, it was an act of comradeship. Together we have succeeded in increasing social awareness of the plight of those wounded in the line of duty.”*

In Nigeria, just three years ago, sports recovery for wounded, injured and sick service personnel was a new and emerging concept. Today, thanks to the Invictus Games Foundation, Nigeria has sent teams to the Invictus Games in Düsseldorf and Vancouver Whistler, established regular sports recovery and rehabilitation training camps, and is building a dedicated Armed Forces Invictus Centre — creating a permanent legacy of support for its armed forces, the first of its kind in Africa.



CG General Musa, Chief of Defence Staff, Nigeria spoke at the Groundbreaking for the Invictus Centre, stating that ***“Some return from Service with both visible and invisible scars, and many with sacrifices that could not be measured. This Centre will give hope for recovery and reintegration of our soldiers and veterans.”***



Ukraine has been a proud participant in the Invictus Games since Toronto 2017 and remains actively engaged in the Foundation's grant programmes for wider provision of sports, esports, and adventurous challenges

According to Natalya Kalmykova, Ukraine Minister for Veterans Affairs. ***“Sport is a key function in veterans’ healthcare. It’s thanks to our relationship with the Invictus Games Foundation that we established, and continue to develop, the role of sports in recovery in Ukraine and why it’s included in the Veteran Policy Strategy.”***

Sports recovery programmes have never been more integral to the Ukrainian Armed Forces due the devastating effects of the ongoing conflict in Ukraine, which were documented on our Netflix series 'Heart of Invictus'. The documentary highlighted the journey of Yulia (Taira) Paievska who was on the frontlines serving as a medic.



Scan this QR Code to see the **Heart of Invictus** Trailer



**"THE PHYSICAL FITNESS
AND SENSE OF COMMUNITY
THAT THE INVICTUS GAMES
FOUNDATION PROVIDES
MAKES ME A BETTER DAD,
HUSBAND AND FRIEND.
BEFORE BEING A PART OF
THE WE ARE INVICTUS
COMMUNITY, I STRUGGLED
WITH ISOLATION. THIS
HAS CHANGED!"**

We Are Invictus Community Member.



Invictus Games Foundation

World Map

► 2025 BIDDING NATIONS

- Aalborg, Denmark
- Abuja, Nigeria
- Daejeon, Republic of Korea
- Kyiv, Ukraine
- San Diego, USA
- Veneto Region, Italy

► PARTICIPATING NATIONS

- Afghan Unconquered
- Australia
- Belgium
- Brazil
- Canada
- Colombia
- Denmark
- Estonia
- France
- Georgia
- Germany
- Iraq
- Israel
- Italy
- Jordan
- Lithuania
- Netherlands
- New Zealand
- Nigeria
- Poland
- Republic of Korea
- Romania
- Ukraine
- United Kingdom
- United States

► PREVIOUS GAMES LOCATIONS

- London, United Kingdom (2014)
- Orlando, USA (2016)
- Toronto, Canada (2017)
- Sydney, Australia (2018)
- The Hague, Netherlands (2020, held in 2022)
- Düsseldorf, Germany (2023)
- Vancouver Whistler, Canada (2025)

► IGF PROGRAMMES

- **Borneo**
A multi-day trek through the jungles of Borneo that honoured the WWII POWs who endured the Sandakan Death Marches. This provided a supportive environment for recovery and rehabilitation through adventurous challenge.

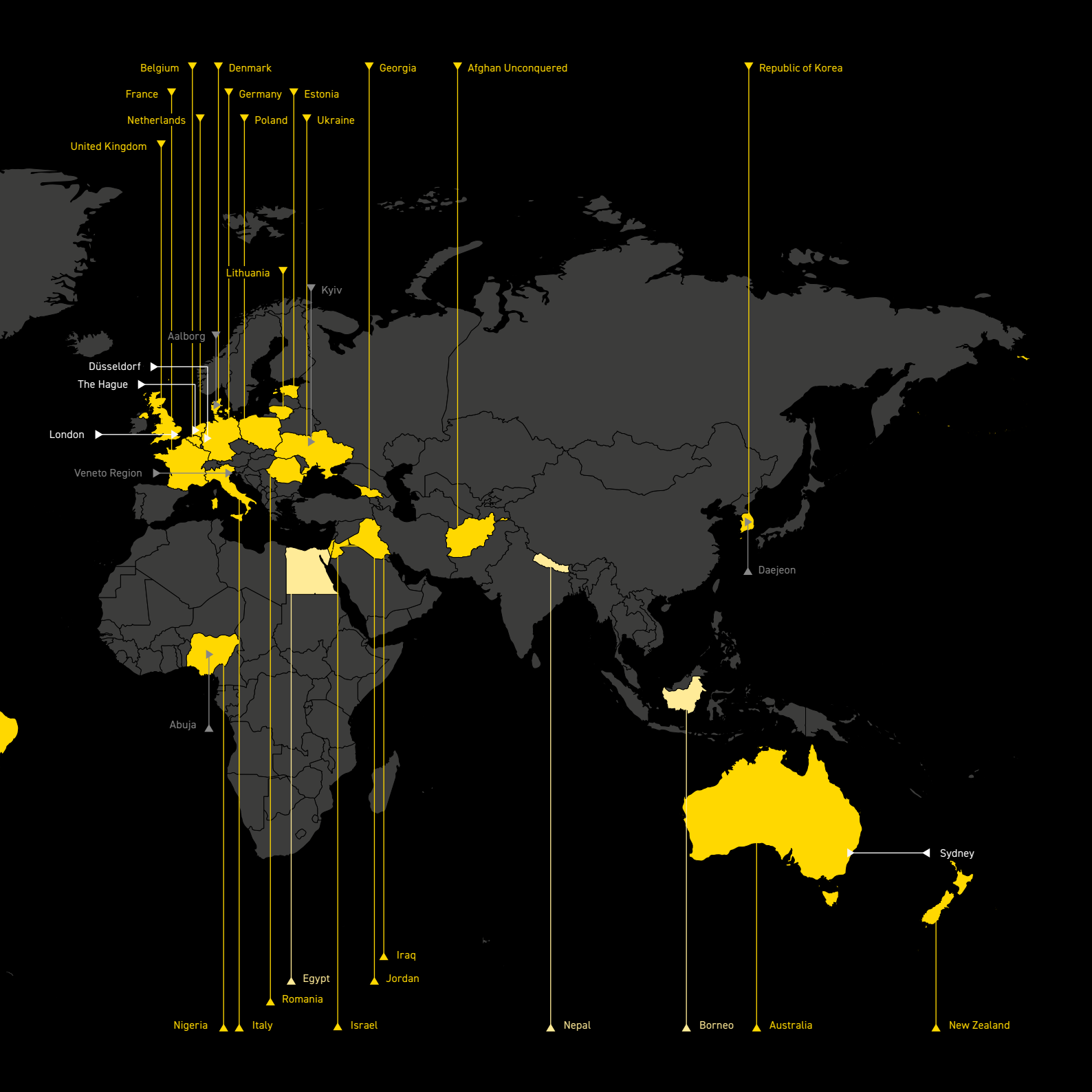
- **Colorado**
A trek through the great American outdoors, where participants conquered challenges like climbing Mount Herard and traversing the Great Sand Dunes.

- **Jordan**
Combining the therapeutic power of adventurous challenges with humanitarian community service, this trip to Wadi Rum allowed participants to build bonds, test their physical and mental limits, and experience the vibrant culture of Jordan.

- **Nepal**
A unique, week-long trail running event that blended immersive travel, community driven restoration projects, and challenging ultra-distance trail races in the foothills of the Himalayas.

- **Egypt**
An arduous open water swim that challenged participants to set new targets and work as a team throughout the remote islands of Egypt's Red Sea.







"THE WORK OF THE
INVICTUS GAMES
FOUNDATION HAS
GIVEN ME HOPE."

Dean Onwuchikwa, 31, Team Nigeria, The IGF Conversation -
Realising A Global Community, 2024.

"THE INVICTUS GAMES FOUNDATION'S WORK CONTINUES TO INSPIRE AND TRANSFORM LIVES FAR BEYOND THE GAMES THEMSELVES.

COLOMBIA, AS THE FIRST SOUTH AMERICAN COUNTRY TO JOIN THE INVICTUS COMMUNITY OF NATIONS, HAS WITNESSED FIRST-HAND THE IMPACT OF THIS INCREDIBLE MOVEMENT.

THANKS TO THE FOUNDATION'S UNWAVERING SUPPORT, DOZENS OF OUR VETERANS WITH DISABILITIES HAVE ACCESSED HIGH-QUALITY REHABILITATION THROUGH SPORT, PARTICIPATED IN GLOBAL EVENTS LIKE THE INVICTUS GAMES, AND FOUND RENEWED PURPOSE AND COMMUNITY.

FROM INCLUSIVE DIVING COURSES IN CARTAGENA TO INTERNATIONAL MARATHONS AND ADAPTIVE SPORTS TRAINING, THE PARTNERSHIP WITH THE INVICTUS GAMES FOUNDATION HAS EMPOWERED MANY COLOMBIAN HEROES TO REDISCOVER THEIR STRENGTH AND DIGNITY."

Stefany Vieda, International Relations and Co-Operation Advisor, DIVRI, Colombia.



Yulia (Taira) Paievska

Beacon of Courage and Resilience

Yulia (Taira) Paievska, is a Ukrainian soldier, paramedic and founder of the volunteer ambulance corps, 'Tiara's Angels.'

The strain of carrying countless injured soldiers across battlefields took a toll on her body, she wore down her hips to the point of replacement, but she continued to persevere and remain on the front lines helping her injured comrades.

She was selected as a member of Team Ukraine at the Invictus Games The Hague 2020 and was readying herself to compete before she was captured and held by Russian Forces.

Her daughter Anna-Sofia Puzanova, took her place at the Games, inspiring others and raising awareness for her mother's plight and captivity.

Taira was released in June 2022 and has since become an international symbol of bravery and sacrifice and she finally competed at the Invictus Games at Düsseldorf 2023.

"I have lost some of my brothers-in-arms and I felt so helpless, but the Invictus Games have put me back on track."



Christopher Martin

From the brink to new beginnings

Christopher Martin joined the British Army in October 2012 as a member of the Corps of Royal Engineers and completed his basic training in 2013 before seeing deployment all over the world.

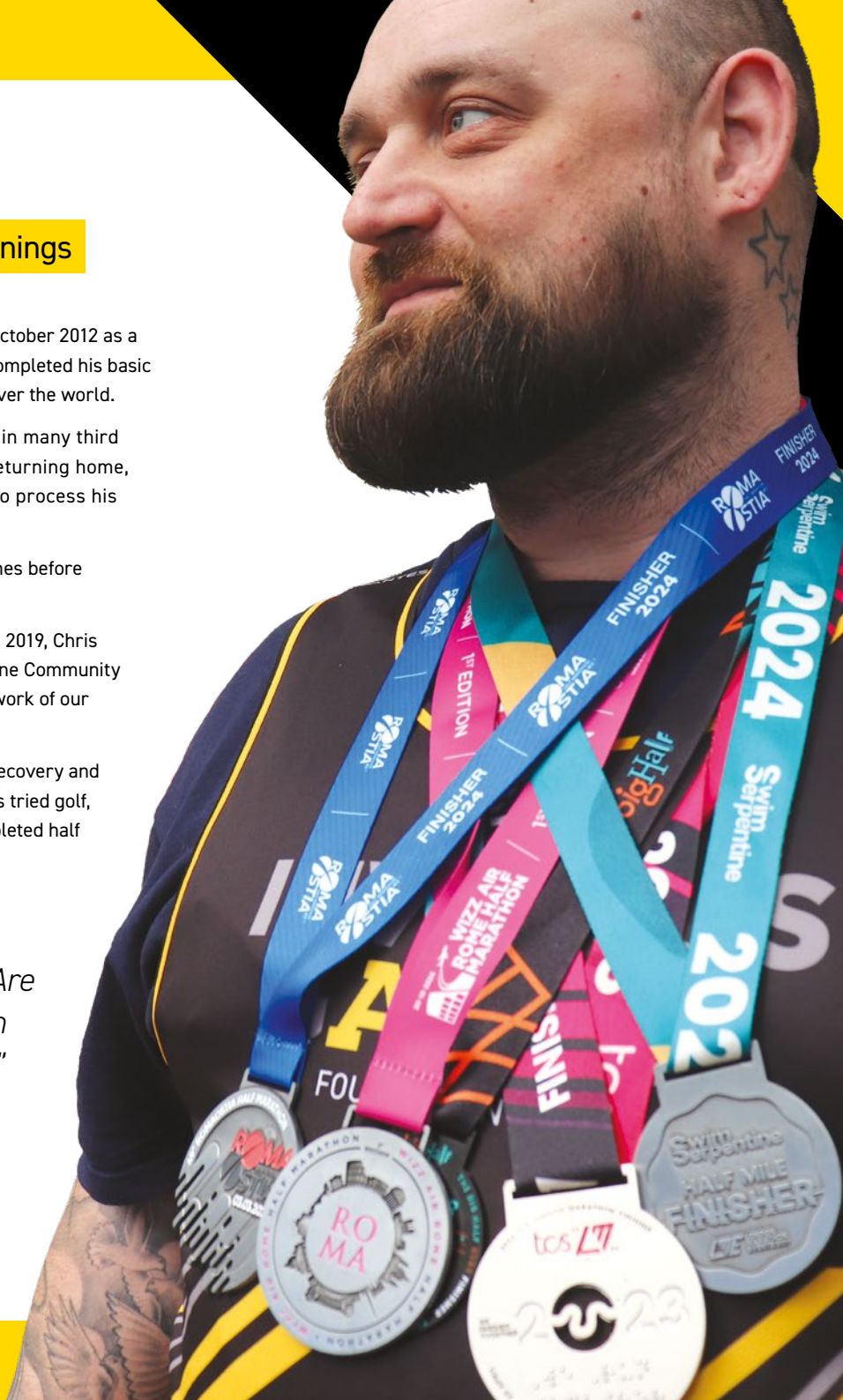
Chris served as a Communications Engineer in many third world countries and developed PTSD after returning home, he wasn't feeling okay and didn't know how to process his emotions and experiences.

He subsequently attempted suicide multiple times before discovering the power of sport for recovery.

At the Team UK Trials for the Invictus Games in 2019, Chris was first introduced to the We Are Invictus online Community led by the Invictus Games Foundation and the work of our 'Beyond The Games' programme.

He is now using sport regularly as part of his recovery and is thriving as a member of our community - he's tried golf, taken part in swimming competitions and completed half and full-length marathons!

*"I felt like the old me again,
I felt like myself and the We Are
Invictus Community has been
a massive inspiration for me."*



**"THE INVICTUS GAMES ARE
UNIQUE IN BRINGING THE
VETERANS AND THEIR
FAMILIES TOGETHER TO
LIFT THEM UP AND BRING
BACK THEIR PURPOSE.**

**SPORT CAN HELP WITH
THAT, SPORT ALLOWS
YOU TO FOCUS, TRAIN
AND WORK TOWARDS
THESE NEW GOALS."**

Admiral Rob Bauer, 33rd Chair of the Military Committee
of the North Atlantic Treaty Organization (NATO)

Our Vision for the Future and Strategy

As we enter our second decade, the Invictus Games Foundation is working towards a future where no wounded, injured or sick (WIS) service person or veteran is left without the opportunity to recover, rebuild and thrive through the power of sport and community.

Over the next decade, our ambition is to continue to catalyse systemic change across a growing international movement focusing our resources where the need is great while continuing to support the community we have proudly served over the past ten years.



Catalyse systemic change

By engaging governments and national leaders, we will ignite, promote, and develop sports recovery and rehabilitation in ways that drive lasting change—shaping policies, strengthening infrastructure, and generating broader social impact. The Invictus Games and the wider Invictus Movement provide a unique international platform to convene political, military, sporting, and business leaders, uniting them behind a shared commitment to recovery through sport.

Grow the movement

We are committed to expanding the Invictus Movement by building on the experiences and lessons of the past decade. By sharing best practice and supporting nations where sports recovery is a new or emerging concept, we will enable more countries to join the Invictus Community. Our ambition is clear: to welcome more nations, reach more service personnel and veterans, and ensure that recovery through sport is accessible worldwide.

OUR STRATEGY IS UNDERPINNED BY FOUR PILLARS OF ACTIVITY:

Focus where the need is great

Around the world, wounded, injured and sick (WIS) service personnel and veterans face similar challenges in rebuilding their lives—but the support available to them varies dramatically. In some nations, sport and community are firmly embedded as part of recovery. In others, there are few opportunities, limited resources, and little recognition of service or the value that sport can bring. The role of the Armed Forces is vital and often perilous: they provide the stability on which peace and development are built. By directing our efforts to where the need is great and resources are scarce, we ensure that no one is left behind.

Maintain support for the existing community

We will continue to oversee the growth and evolution of our programmes, including the Invictus Games—the epitome of adaptive sport and recovery—and our year-round initiatives. We will innovate and explore new ways to build capacity within our community, creating long-term, locally driven, and sustainable recovery pathways that will benefit generations to come.

Why Now?

As the world faces complex challenges, supporting our veterans and service personnel remains a moral duty and an opportunity to inspire communities far beyond the Armed Forces. The work of the Invictus Games Foundation proves that sports recovery is not only life-changing for the individuals who compete — it ignites hope, unity and pride in families, nations and the world at large.

The demand for the support of the Invictus Games Foundation now far outstrips our ability to deliver.

A Future Powered by Partnership

We cannot do this alone. Our vision can only be achieved through collaboration and partnership — with courageous veterans, visionary funders, national governments, and like-minded partners. Together, we can build a future where service personnel and veterans everywhere have the opportunity to reclaim their identity, rebuild their purpose, and live life unconquered.



Together, we are Invictus

By investing in the Invictus Games Foundation, you honour the service and sacrifice of the few — and create impact for the many. You help wounded, injured and sick service personnel and veterans reclaim their future, while inspiring communities and countries to come together in a divided world.

Your support will help us:

- Expand the Invictus Games and bring their transformative power to more nations and communities.
- Grow our year-round sports recovery and rehabilitation programmes, so no one is left behind.
- Reach new nations and communities — including those with no current provision for WIS sports recovery.
- Develop signature sports recovery and rehabilitation programmes targeting where the need and opportunity is great.

- Share knowledge, advance research and shape policy so that sports recovery and veteran support are recognised as essential, not optional.
- Inspire millions — sharing stories of resilience and recovery that change perceptions of disability, mental health, service and what's possible.
- Build a legacy of respect, belonging and hope for generations to come.

A Partnership of Purpose

Partnering with the Invictus Games Foundation is more than philanthropy — it's a powerful, meaningful investment in people, purpose, and global impact.

BY SUPPORTING THE INVICTUS GAMES FOUNDATION YOU GAIN:

A Powerful Brand Association

Align your organisation with one of the world's most respected, trusted and inspiring movements — founded by Prince Harry, The Duke of Sussex, and recognised worldwide as a force for positive change.

Tangible Social Impact

Demonstrate your commitment to those who have served, showing clear, measurable impact on wounded, injured and sick service personnel and veterans — and the families and communities around them. Be part of creating meaningful and measurable change not just in the lives of those who have served their countries but also creating wider social impact in increasing the recognition of the Armed Forces, in changing attitudes towards disability and mental health, in promoting the power of sport in health and wellbeing, and in unlocking the skills and experience in life after Service.

Global Reach and Storytelling

Be part of a global story that transcends borders. Our work shines a light on powerful stories of hope, resilience, the unconquerable human spirit, overcoming injury or adversity and the courage and bravery that exists in us all. across. The biennial Invictus Games attracts international media, millions of viewers and high levels of public engagement where these stories come to life.

Employee and Community Engagement

Offer your employees and customers meaningful ways to get involved — through volunteering, fundraising, mentoring or cheering on participants. Partners report increased pride, loyalty and connection to purpose. Build long-term partnerships of shared value with us that meet your employee and business needs.

A Unique Platform for Leadership

The Invictus Games Foundation brings together a unique and powerful global community of political, military and business leaders, members of the Armed Forces community, sporting organisations, academics and thought leaders. Be part of conversations and events that share knowledge, best practice and influence decision making. Position your organisation as a leader in veteran support, disability inclusion, mental health awareness and social resilience — values that resonate deeply with today's customers, stakeholders and communities.

A Lasting Legacy

Build a lasting legacy of impact for those who have given so much in service to others. Your support and partnership will help drive meaningful, systemic change for wounded, injured and sick service personnel in the places where the need is great and expand a global community whose strength, courage and triumph will transform lives and inspire the world for decades to come.

By supporting the Invictus Games Foundation, you honour the service and sacrifice of those who have given so much. You stand with a international movement that shows what is possible when we invest in human resilience, recovery and hope. And you help create a world where every wounded, injured or sick service person and veteran has the opportunity to thrive through the power of sport — beyond injury, beyond adversity. Together, we are Invictus.



By supporting the Invictus Games Foundation, you honour the service and sacrifice of those who have given so much. You stand with a global movement that shows what is possible when we invest in human resilience, recovery and hope. And you help create a world where every wounded, injured or sick service person and veteran has the opportunity to thrive — beyond injury, beyond adversity.

Together, we are Invictus.

**INVICTUS
GAMES**
FOUNDATION

"Just because my body now doesn't function at 100% doesn't mean that I can't give 100% effort into sport! Thanks to Invictus Games Foundation for the support in helping me to compete again."

We Are Invictus Community Member.

Invictus Games Foundation

invictusgamesfoundation.org

@WEAREINVICTUS

A Registered Charity No. 1159482