



EUROPEAN
EVERYDAY **of SPORT**

HOW TO BE ACTIVE EVERYDAY

for active aging people **#BeActive**

Good practices manual



Co-funded by the
Erasmus+ Programme
of the European Union

#BEACTIVE

Project European everyday of sport /572647-EPP-1-2016-1-BG-SP0-SCP/





Table of Content

| | | |
|---|---|----|
| 1 | Introduction_____ | 4 |
| 2 | Physical activity for active aging people_____ | 6 |
| 3 | Good practices – How to be active everyday for active aging people_____ | 16 |
| 4 | About European everyday of sport project_____ | 26 |
| 5 | Useful links_____ | 40 |



1 Introduction



European everyday of sport project is designed to improve sharing of good practices, priority of Erasmus+ programme, to find and promote good practices from first and second edition of European Week of Sport and to encourage participation in sport and physical activity. The most specific topic this strategic partnership has been focused is the development, identification, promotion and sharing of good practices.

The present Manual is part of the products, elaborated during the project activities, implemented by an international consortium from seven countries and including the following open educational resources:

- ★ How to be active every day for kids;
- ★ How to be active every day for youth;
- ★ How to be active every day in school;



EUROPEAN EVERYDAY of SPORT

- ★ How to be active every day for working people;
- ★ How to be active every day for active aging people;
- ★ How to be active every day in the city;
- ★ How to be active every day in small village;
- ★ Good practice manual of EWoS 2015 and 2016.

The mentioned good practices are also available in the communication channels of the project that you can find easily in the way that is most convenient for you:



Web
eusport.org



FB group
Everydaysport



Twitter
#EUEverydaySport



**Iphone
app**



**Android
app**

Project “European everyday of sport” is co-funded by the European Commission Erasmus+ — Sports — Collaborative partnerships in the sport field and Not-for-profit European sport events. The partnership between Bulgaria, Italy, Croatia, Hungary, Lithuania, Poland, Slovakia is a combination of sports and youth organizations youth and educational institutions.



2

Physical activity for active aging people

How active are older people?

Number of people in Poland is 38,5 mln and number of people 65+ in Poland is 5,7 mln.

According to a survey conducted by IIBR/Gemius only 11,5 % of these 5,7 mln seniors are physically active. These 11,5% of 65+ Poles admits to take physical activity only once a week. Almost three quarters of seniors never practice any types of sport or other physical activity.

That is not much as we would expect more.

The overall physical fitness of household members according to age is as follows:

Table 1.

| Age | Declared physical fitness (in %) | | | | |
|-------------|----------------------------------|-------------|-------------|-------------|------------|
| | Very good | Good | Average | Bad | Very bad |
| 5-9 | 59,8 | 35,4 | 3,3 | 1,2 | 0,4 |
| 10-14 | 58,9 | 35,5 | 2,9 | 1,7 | 1,0 |
| 15-19 | 57,0 | 34,7 | 6,0 | 1,4 | 0,9 |
| 20-29 | 37,2 | 49,6 | 11,1 | 1,4 | 0,7 |
| 30-39 | 19,8 | 55,6 | 20,9 | 3,3 | 0,4 |
| 40-49 | 11,1 | 54,3 | 29,5 | 4,4 | 0,7 |
| 50-59 | 5,2 | 34,9 | 44,7 | 13,5 | 1,7 |
| ≥ 60 | 2,2 | 15,7 | 43,9 | 29,5 | 8,7 |



EUROPEAN EVERYDAY of SPORT

Participation of the respondents in the three most frequently declared sport and leisure activities by men and women by age (in %):

Chart 1.

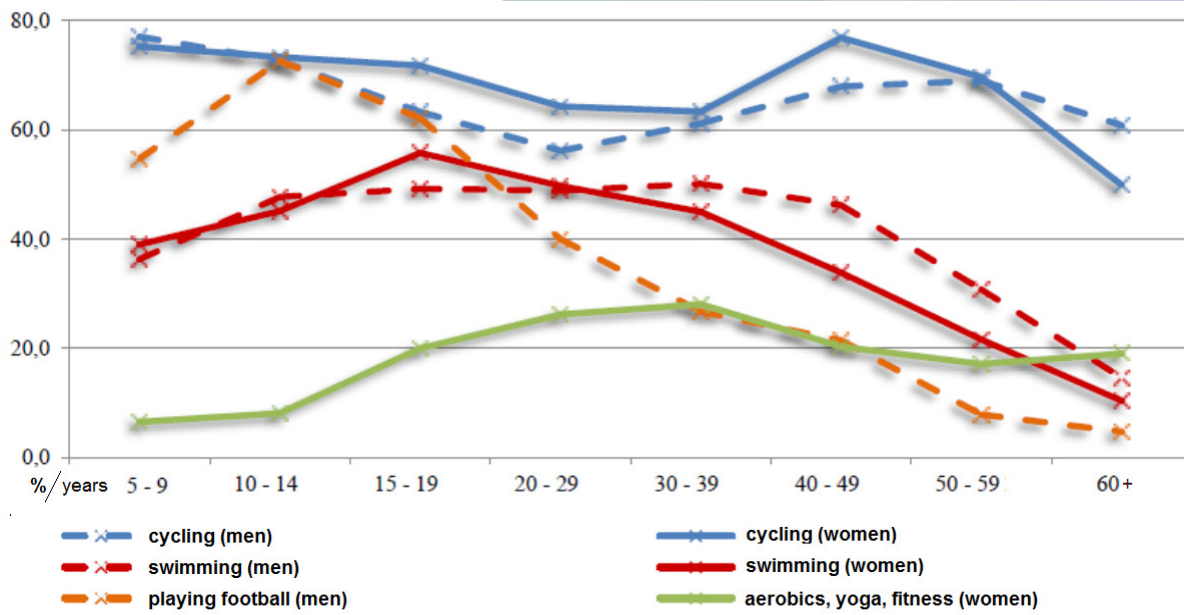
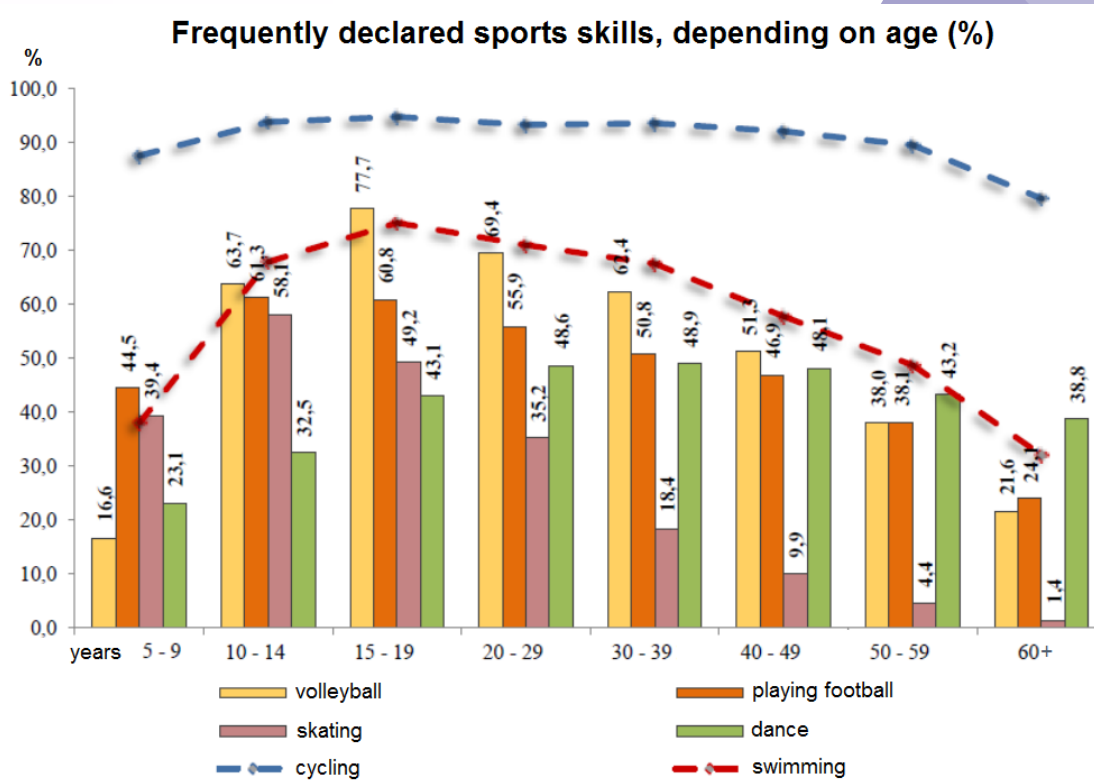


Chart 2.



In all these charts and comparisons people over 60 years old are the most inactive group of all. The large number of them almost stop doing any kind of activity at all. These affects their well-being, mood and physical fitness, which is declared as bad or very bad few times more than in other age groups.

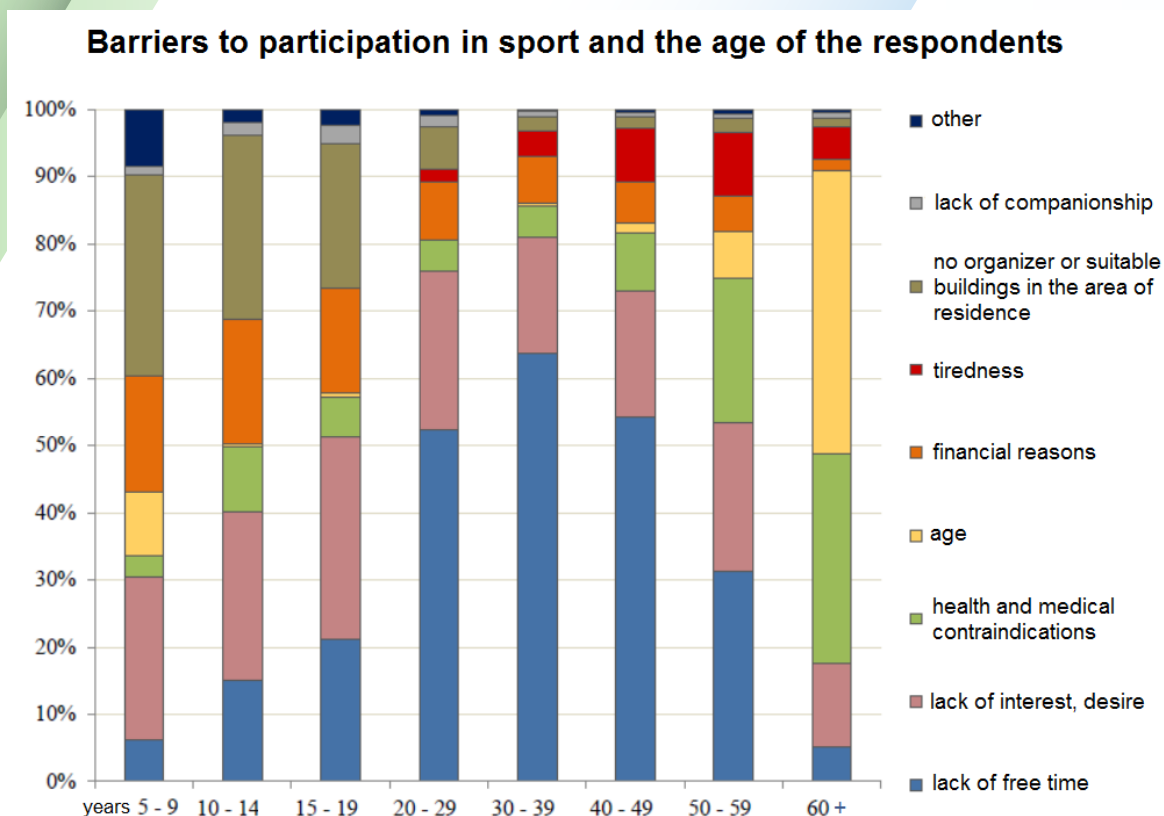
Why it is like this? What is the cause of this situation?

Barriers

Most common barrier for senior to participation in physical activities is their age. Seniors think that they are too old to participate in sport, that physical activity is reserved for younger people and not for them.

Second most common barrier is health condition and medical contraindications. Of course it can be understood, because older people suffer from greater amount of ailment than other age groups. Although, we need to underline that physical activity can improve health condition and people's mood, so it is important to start it according to someone's own abilities.

Chart 3.



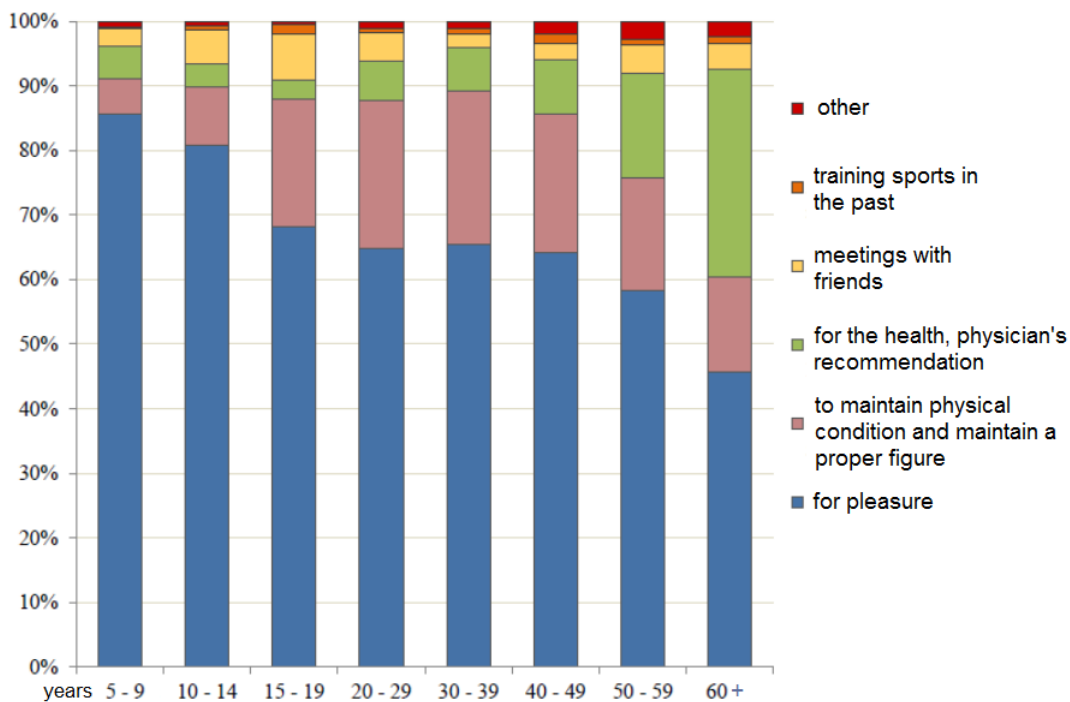


Motivation

From the other hand, besides doing sport for pleasure, older people do it mostly for health and due to the recommendation of a medical doctor or physician. This motivation is very important and it should be followed by other factors like: meeting with friends and other people to spend time together and to maintain proper physical condition for ourselves.

Chart 4.

Motives for participation in sport and the age of the respondents (%)

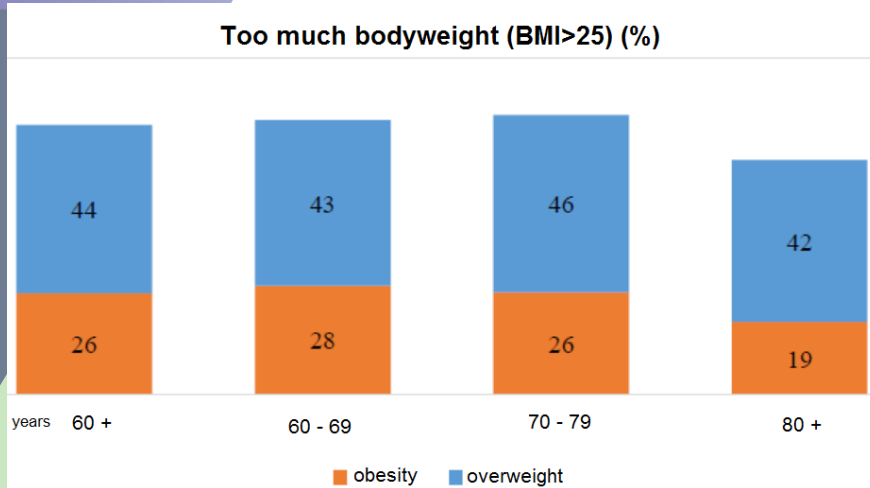


Why low senior's physical activity should be change?

Obesity and overweight

The percentage of people 60+ having problems with obesity and overweight is very high. More than 70% of people aged 60 – 79 have to deal with this problem. Only in the group aged 80+ obesity and overweight concerned 61%.

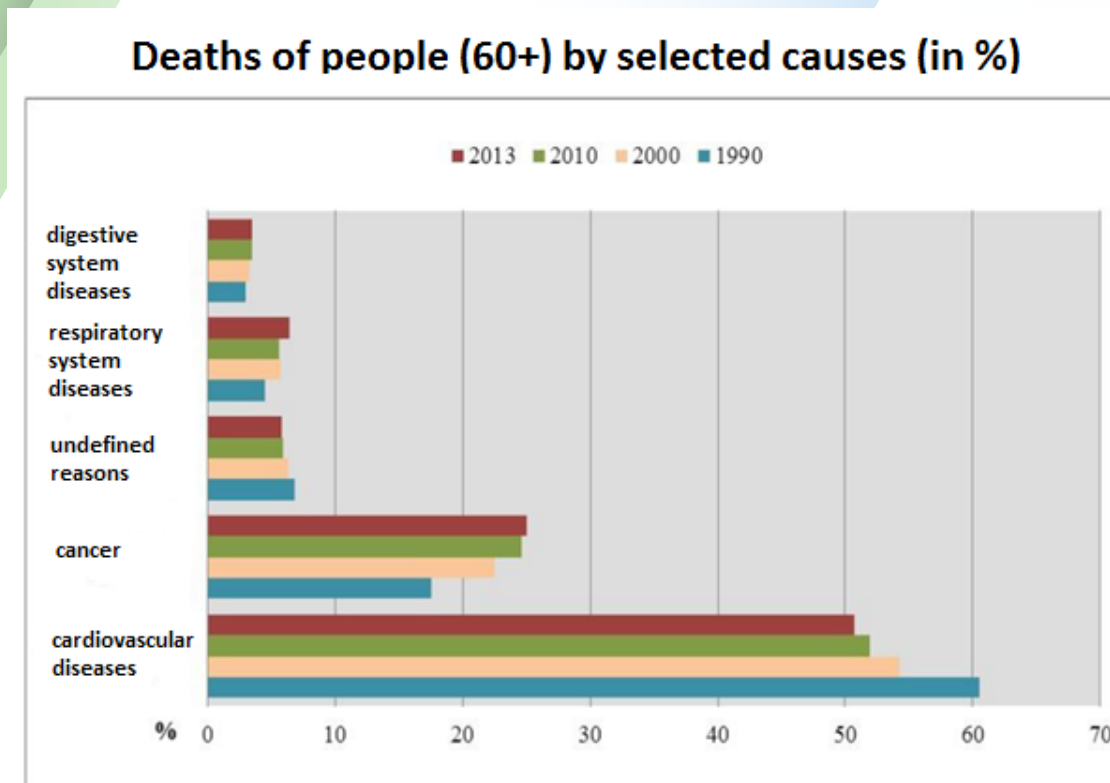
Chart 5.



Various diseases

As we can see, the most common cause of mortality among older people are cardiovascular diseases.

Chart 6.





But what affects reducing the risk of morbidity of these diseases? Combating risk factors. And the basis of cardiovascular diseases prevention is combating risk factors by:

- ★ proper nutrition,
- ★ physical activity,
- ★ avoiding the habit of smoking cigarettes,
- ★ periodic medical examinations.

Physical activity is the second most important action to prevent from cardiovascular diseases.

Aerobic (respiratory) capacity

One of the factors affecting the quality and duration of human life is the aerobic (respiratory) capacity of the body. This capacity is reduced by about 10% per decade from the age of 25. Physical training improves physical fitness and delays aerobic capacity decline by about 10 to 20 years for people physically active versus people leading a sedentary lifestyle. Even a slight increase of respiratory capacity can lengthen physical fitness and independence by 6 – 7 years. The beneficial effect of endurance exercises for the elderly is already well known.

Osteopenia

Women after 50 years of age suffer from physiological decrease of bone stiffness by 1 – 2 % annually. Thence the commonness of osteopenia in older age. Although what is the most important: in the group women doing exercises and sport bone stiffness not only did not decrease – according to the physiological process – it grew by as much as 9%.

What are the benefits for older people from physical activity?

1. Bone system

As age progresses, bones become weaker, mainly due to decreased osteoblast activity – bone-forming cells. Physical activity restores the balance between osteoclasts (bone-reducing cells) and osteoblasts, so bones are more resistant to fractures.

2. Muscular system

Muscles as a result of the aging process become weaker, among others, due to the disappearance of the muscle fibers involved in their composition. As we know physical exercises cause muscle gain, preventing the process of decomposition of muscle fibers.

3. Respiratory system

Physical exercises increase lung capacity and improves their ventilation — even in advanced age.

4. Cardiovascular system

Systematic physical exercises counteract the so called calcification of vessels and improve the flexibility of the blood vessels, thereby reducing the risk of atherosclerosis and related diseases. In addition, physical activity results in lowering blood pressure, which is increasing with age, which is dangerous to health.

5. Nervous system

Physical exercises increases the secretion of endorphins, which affects overall mood improvement and counteracts the so called senile depression. In addition to this, they help nerve conduction so that various types of brain processes, including memory, are improved. In addition, the exercises sharpen visual perception and improve motor coordination, which also seems to be very important in the case of an aging organism.

“Moderate but regular physical activity is associated with a reduction in total mortality among older people.”

Health Benefits of Physical Activity in Older Patients: A Review;

T. Vogel; P.-H. Brechat; P.-M. Leprêtre; G. Kaltenbach; M. Berthel; J. Lonsdorfer

To be more precise:

- ★ up to a 35% lower risk of coronary heart disease and stroke,
- ★ up to a 50% lower risk of type 2 diabetes,
- ★ up to a 50% lower risk of colon cancer,
- ★ up to a 20% lower risk of breast cancer,
- ★ a 30% lower risk of early death,
- ★ up to an 83% lower risk of osteoarthritis,
- ★ up to a 68% lower risk of hip fracture,



- ★ a 30% lower risk of falls (among older adults),
- ★ up to a 30% lower risk of depression,
- ★ up to a 30% lower risk of dementia,
- ★ and of course improving body composition with a reduction in fat mass, reducing blood pressure.

What actions are taken that can improve this situation?

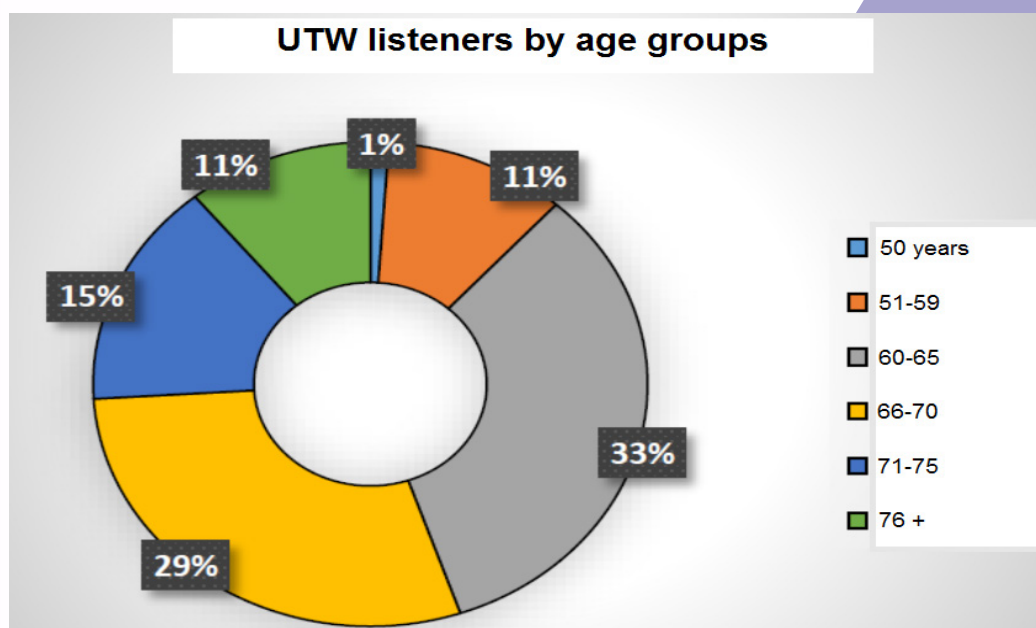
Universities of the Third Age

The first University of the Third Age was established in Poland in 1975 and now it is the most popular way for active aging in Poland. Universities of the Third Age have comprehensive and diverse offer, also in sport activities e.g. pro-health gymnastics, healthy spine exercises, yoga, dance, Nordic walking, swimming. In Poland there are around 100 Universities of the Third Age and about 25 000 listeners.

The mission of Third Age Universities is first of all to activate older people by developing their interests, spending free time in active way or meeting new people. The most popular courses at the universities were English language courses (83.3%) and sports classes, including gymnastics — 80.4%, Nordic walking — 63.7% and swimming — 51%.

Age of the Universities of the Third Age participants:

Chart 7.

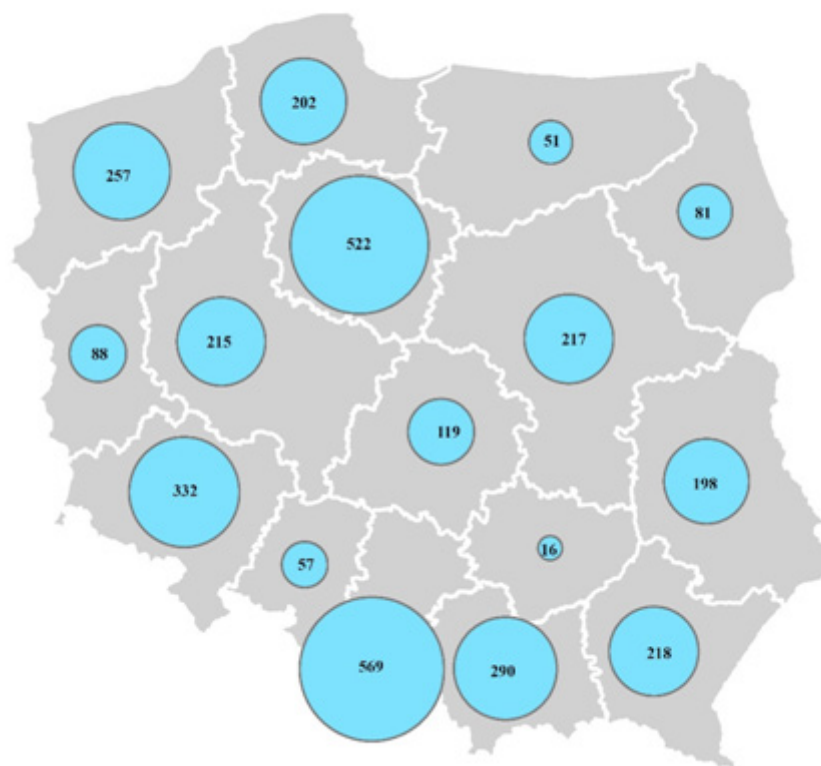


National Olympics of Universities of the Third Age and the Senior Organizations and other mass sport events

National Olympics of Universities of the Third Age and the Senior Organizations is held since 2008. In 2016 it was attended by 57 Universities of the Third Age — nearly 1,000 athletes. Sports, which are involved in the competition: swimming, athletics, canoeing, table tennis, shooting, boule, bridge, chess and archery.

Picture 1.

Number of organized mass sports events by voivodeship in 2015



Senior City Cards

These cards are introduced and used in many cities and towns. They are made by city councils that establish partnerships with companies and other organizations. With the card seniors can benefit from discounts on various services, including physical activity. The solution is used in big cities and small towns.



EUROPEAN EVERYDAY of SPORT

The Senior Days

Senioralia (The Senior Days) are held in Lodz since 2014. This year in May, for 15 days seniors had the opportunity to take part in 500 events prepared by 115 partners.

Examples of sports activities: yoga, “healthy spine”, Tai chi, water trekking, Nordic walking, sauna, gym, cheerleaders workshops, backyard games, dance classes, curling, bridge, walks combined with sightseeing.

“Active Everyday Life Of Older People” in Lodz

Free workshops with an instructor — offered by sports clubs, NGOs, businesses. They are organized for example in parks of Lodz. The most common offered activities are: Tai Chi, Nordic walking, zumba, yoga, running, walks.

Let's #BeActive!



3

Good practices – How to be active everyday for active aging people

| | | | |
|--------------|---|--------|--|
| Name: | NATIONAL OLYMPICS OF UNIVERSITIES OF THE THIRD AGE AND THE SENIOR ORGANIZATIONS | | |
| When: | Every year since 2008 | Where: | Łazy, Silesian Voivodeship, Poland  |
| Who: | University of the Third Age in Łazy | Reach: | In 2016 – nearly 1,000 athletes |
| Description: | <p>National Olympics of Universities of the Third Age and the Senior Organizations “Third Age On Start” is held since 2008 in Łazy, Silesian Voivodeship, Poland. It is one of the biggest sport events of its kind in Poland. In 2016 it was attended by 57 Universities of the Third Age – nearly 1,000 athletes.</p> <p>During this year’s Olympics a record was broken, 60 of the Universities of the Third Age and senior organizations, including those of Ukraine and Austria, took part.</p> <p>The sport event always starts with the official opening of the Olympics, which takes place on the Mitrega Reservoir. This is always accompanied by a festive march of the crews under the stage.</p> <p>There is also one of the most important elements of any Olympics – the inflammation of the Olympic torch. Members of the Third Age Universities competed in various disciplines: swimming, athletics, canoeing, table tennis, shooting, boule, bridge, chess and archery.</p> | | |






EUROPEAN EVERYDAY of SPORT

| | | | |
|---------------------|---|---------------|---|
| Name: | GO FOR LIFE GAMES | | |
| When: | Every year in June | Where: | Dublin, Ireland  |
| Who: | Age & Opportunity organisation, Local Sports Partnerships | Reach: | 300 older people in 2016 |
| Description: | <p>The overall aim of Go for Life Games is to get older people more active, more often and to involve older people in recreational sport.</p> <p>The Games involve the National Games (held on one day annually), Leagues and Friendly games. These games involve three sports that can be played in Singles, Pairs and Teams:</p> <ul style="list-style-type: none">★ Lobbers- adaption of Petanque and Boules,★ Flisk- adaption of Frisbee and Horseshoe Pitching,★ Scidil-adaption of Ten-Pin Bowling and Skittles. <p>Almost every county in Ireland is represented by a team from their Local Sports Partnership. In 2016 Go for Life Games took place on Saturday June 11th in DCU. Over 300 older people from 24 different counties came together to participate in a day of sport and inter-county friendly rivalry. Each county sent a team of 15 players along with their family, friends and supporters.</p> | | |



| | | | |
|-------|----------------------------------|--------|---|
| Name: | CYCLING WITHOUT AGE | | |
| When: | All year programme | Where: | Denmark and 28 countries around the world  |
| Who: | Cycling Without Age organization | Reach: | More than 8,000 pilots ensure that the elderly get out of their nursing home |

Description:


There is no age limit to cycle, even if some help may be useful. Developing the intergenerational potential of cycling is precisely the objective of "Cycling Without Age", which proposes rickshaw rides for older people across 23 countries worldwide.

Started in 2012 by a Dane who offered free bike rides to the local nursing home residents, the movement has now spread nationally and globally. As of November 2015, more than 63 of Denmark's 98 municipalities are offering Cycling Without Age from well over 400 rickshaws — and the numbers are still growing.

Volunteers (pilots) sign up for bike rides with the elderly through a simple booking system as often or as rarely as they want to.





| | | | |
|---------------------|---|---------------|---|
| Name: | SPORTS AND RECREATION BATCH “HEALTH AND SPORTS” | | |
| When: | 12 – 21.09.2016 | Where: | Drzonków (Zielona Góra), Lubusz Voivodeship, Poland  |
| Who: | Zbigniew Majewski’s Voivodeship Sports and Recreation Center in Drzonkovo, Lubusz Sports Federation, Zielona Góra University of the Third Age | Reach: | 75 elderly people, including the disabled – participants of the batch |
| Description: | <p>Between the days 12 – 21 of September 2016 a Sports and Recreation Batch “Health and sports” for seniors and people with disabilities was hold in the Sports and Recreation Center in Drzonków.</p> <p>The Batch was addressed to the elderly people, including disabled ones. In all 75 people participated in the event. In the Batch program seniors had a variety of sport and recreation activities. For example they had activities like: general development, fitness in the water and in the hall, dancing, nordic walking, boccia, shooting, tennis, table tennis.</p> <p>The event was also full of other attractions. There were plenty of dietary meetings and training workshops on various subjects: “Couch lifestyle”, “First aid classes”, “Diet of eternal youth”, “Improve your interior”, “Sad senior”.</p> <p>Main goals and tasks of Sports and Recreation Batch:</p> <ul style="list-style-type: none">★ raising the level of general psychophysical activity and efficiency;★ promotion of active leisure activities through physical exercises, tourism activities and sport competition;★ increasing the knowledge of seniors and people with disabilities on proper nutrition and diets in selected metabolic diseases;★ shaping awareness of the impact of nutrition on a quality of life;★ increasing the knowledge of seniors and people with disabilities on physical activity;★ promoting a healthy lifestyle;★ raising awareness about early identification of depressive disorders; | | |




#BEACTIVE


- ★ increasing the number of people who will be able to prevent the symptoms of depression;
- ★ ability to fight helplessness against one's own problems;
- ★ increasing the safety of seniors and people with disabilities by eliminating health or life-threatening factors;
- ★ the ability to build hope, strength and self-esteem;
- ★ increase first aid knowledge and skills;
- ★ shaping the ability to work in extreme situations and interpersonal skills in a group;
- ★ integration of seniors and people with disabilities through participation in group activities.





| | | | |
|---------------------|--|---------------|---|
| Name: | “HEALTHY CHESS” | | |
| When: | All year programme | Where: | Spain  |
| Who: | Club Magic Extremadura in cooperation with the Extremadura Promotion Service Autonomy and Dependency Care EPAD | Reach: | More than 900 elderly since programme’s creation |
| Description: | <p>For a several years, the Club Magic Extremadura in Spain has been running the “Healthy Chess” programme, in six major centers of Extremadura. Chess playing sessions tailored to seniors are organized on a weekly basis, together with exhibitions and intergenerational chess matches between older and younger people, including young people at risk of social exclusion.</p> <p>Chess fosters healthy ageing and intergenerational links. This initiative, conducted for the first time in 2008, aims to promote active aging, influence the prevention of deterioration of cognitive functions in the elderly through chess playing and promote intergenerational interaction. Since its creation, more than nine hundred elderly have taken part in the programme, which received national recognition in 2011 (United Generations Award).</p> | | |




| | | | |
|-------|---|--------|--|
| Name: | INTERGENERATIONAL CYCLING RALLY AND NORDIC WALKING | | |
| When: | 17.09.2016 | Where: | Radlin, Silesian Voivodeship, Poland  |
| Who: | The Circle of Rural Housewives | Reach: | About 30 people |

Description:


An Intergenerational Cycling Rally and Nordic Walking was organized as part of European Sports Week. The purpose of the rally was to encourage the local community to engage in physical activity and intergenerational integration. The rally was aimed at children, young people, seniors and all interested. The length of the rally route was 20 km. There were two proposed forms of rally: pedestrian crossing with Nordic walking poles or cycling. At the start of the rally, participants were informed by the rally leader about the European Week of Sport and the European #BeActive campaign, received maps of the rally route and embarked on the route. At the end of the rally an integration camp was organized to encourage participation in subsequent editions of the rally, which will be included in the calendar of sports and recreational events in the municipality.





| | | | |
|---------------------|--|---------------|--|
| Name: | “FIT & MOBILE 77+” | | |
| When: | All year programme | Where: | Austria  |
| Who: | Retirement home group SeneCura in Vienna | Reach: | 15 retirement homes in Austria |
| Description: | <p>“Fit & Mobile 77” is a specific physical and sport training programme for retirement home residents to improve older people’s endurance and balance, set up by the retirement home group SeneCura in Vienna, Austria. The programme is one of the winners of the ORPEA Excellence Awards celebrated in Paris in January 2017. Implemented in 15 retirement homes in Austria, this programme aims to address age-related functional and mobility limitations and muscular loss that increase the risks of frailty and falls. Physical exercises are complemented with physiotherapy, occupational therapy and nutritional advice.</p> <p>Positive effects have been achieved on the mobility, nutrition, physical conditions, confidence, daily activities and autonomy of the residents, as well as on their social interactions, since the inhabitants of the village also have a free access to the residence fitness center, thus promoting both physical and mental well-being.</p> | | |



| | | | |
|-------|--|--------|--|
| Name: | GENERATION GAMES | | |
| When: | September/October annually | Where: | Rotterdam, The Netherlands and many other cities on all continents  |
| Who: | Generation Games World Trade Center Rotterdam | Reach: | 1,700 people in 2015 in Lausanne |

Description:

The Generation Games is an intergenerational event making connections between people of all ages through sport. In all activities of the sporting event generations work closely together.

It is a fun grassroots sporting event in the city: teams of generations (children, parents, grandparents) participate in various sports. One element is the Generation Games Decathlon: teams of at least 2 generations get the opportunity to participate in sports like in football, (wheelchair) tennis, basketball, chess, judo, rowing, fitness, etc.

Next to making these important generation-connections, another major objective of this sporting event is to stimulate people of all ages to have an active and healthy lifestyle. Research have indeed shown that sport-minded and active parents are more likely to have active children and sportive kids are likely to inspire parents and grandparents to be active as well.

The concepts shared with cities around the world, with the relay baton as symbol. The creative concept is very flexible, cities can decide how many sports are offered during the event, size of the event, etc. Partners can contribute in kind (for instance sports material), with commitment and enthusiasm. There is much co-creation involved, and the event can be organised with very limited budget.





| | | |
|---|--|---|
| Name: | FAMILY ATHLETICS PICNIC WITH FAMILY RELAY RACE | |
| When: 11-20.09.2015 | Where: National Stadium, Warsaw, Poland and 242 orliks (pitches) in Poland |  |
| Who: Kamila Skolimowska Foundation, Physical Culture Development Foundation, The Ministry of Sport and Tourism | Reach: 1748 people involved in the race in Warsaw, around 30 thousand people involved in the whole Poland | |
| Description: | <p>Family Athletics Picnic combined with the Family Relay Race took place on Sunday, September 13 in Warsaw. The race had a nationwide scope — it was organized on 242 orliks (pitches) in Poland between September 11 — 20.</p> <p>The area of National Stadium was especially prepared to invite families for the special picnic. All families, children, parents and grandparents could take part in workshops and outdoor games and meet the Polish ambassador of the European Week of Sport Otylia Jędrzejczak — Polish champion swimmer.</p> <p>This type of event is an example of activities that focus on the national sport heritage and the education of youth about the greatest country's sport achievements. As part of the event especially athletics, including throwing disciplines were promoted. Children could spend their time with family during different sport activities, at the same time they were presented information about national sport. The most exciting part of the picnic was the Family Relay Race. In result, 1748 people of different age, professions and skills took part in the race in Warsaw. We could meet ladies in high heels, parents with baby strollers, kids or nuns. As we can see race was open to everyone.</p> <p>Family Picnic and Relay Race took place before Kamila Skolimowska Lotto Memorial — event organized in the memory of Kamila Skolimowska, Polish gold medallist in hammer throw who died in 2009. In order to commemorate the youngest polish Olympics medallist, sixteen Olympics champions took part in the special conference and sport events.</p> <p>The event is a good practice and can be made in other countries, because it gathered thousands of people in almost every part of the country to meet one goal — promote sport and show that sport is good for everyone and you don't have to spend whole day to do it — every activity is well seen.</p> | |



4

About European everyday of sport project



**EUROPEAN
EVERYDAY of SPORT**

www.eusport.org

European everyday of sport project is designed to improve sharing of good practices, priority of Erasmus+ programme, to find and promote good practices from first and second edition of European Week of Sport and to encourage participation in sport and physical activity. The most specific topic this strategic partnership has been focused is the development, identification, promotion and sharing of good practices.

In 2007, the White Paper on Sport was issued by the European Commission as the first policy document addressing sport on behalf of the European Union. The Lisbon Treaty (2009) introduced a specific article which gave the EU a new supporting competence for sport. In 2011, the Commission adopted a Communication entitled “Developing the European Dimension in Sport” providing for specific actions regarding the societal role of sport, sport’s economic dimension and the organisation of sport. Based on this Communication, the Council adopted a Resolution on an EU Work Plan for Sport 2011 – 2014, which further strengthened European cooperation on sport by setting priorities for EU level work engaging the EU Member States and the Commission. In 2012, the Council adopted conclusions on promoting health-enhancing physical activity and on strengthening the evidence-base for sport policy making. Following a proposal from the Commission, for the first time, financial support for sport is now included in form of a specific chapter in Erasmus for the period 2014 – 2020, which decision is warmly welcomed by all partner organisations of this current project.



EUROPEAN EVERYDAY of SPORT

Despite the growing importance attached to the promotion of physical activity in EU Member States, the “Eurobarometer” survey in 2009 identified “alarmingly high” rates of physical inactivity in the EU and found that the vast majority of Europeans (60%) never exercise or play sport. The last published “Eurobarometer” survey in 2014 stated very similar data, as in 41% of Europeans exercise or play sport at least once a week, while 59% of EU citizens never or seldom do so.

Based on the gap, stated in the aforementioned analysis, it is more than visible that the importance of highlighting and promoting sport and physical activity is a priority of all European organizations, working on local, national or European level. This is why the current project is aiming to find the way of analyzing, collecting and promoting the good practices in the different target groups — kids, youth, in school, working people, active aging people, in the city, in small village. We believe that the added value from the opportunity to create awareness of the importance of physical activities though increased participation in and equal access to sport for all, will contribute to the increasing the number of people who exercise or play sport at regular basis and all project products are resourceful to support this aim for the specialists in sport, health, youth policy, educational institutions, local authorities, NGO's, national authorities in their daily work.

The current collaborative partnership has implemented various activities on local, national and international level; focused in collecting, development, identification, analyzing, promotion and sharing good practices from Europe and the World that can be easily implemented in the work of the experts in the mentioned fields. Project also has focused in the activities, held by the first and second edition of “European week of sport” and will collect all good practices, realized in 2015 and 2016 in the Member countries. These tools will be very useful in the planning of next editions of the EWoS and other events to promote sport and physical activity through increased participation in, and equal access to, sport for all.

All activities, implemented by this project has been devoted supplying the need of open recourses with detailed focus on specific target groups and opportunities to make the movement part of the daily schedule of more and more people in Europe. As we have mentioned afore, the tools and instruments to make Europe a moving nation are still not the most effective as we are observing the results in the data from both “Eurobarometer” 2009 and 2014. This is the obvious need this consortium has tried to deal with and create a short cut between the target groups (direct — sport, health and youth specialists, educational institutions, local authorities, NGO's, national authorities and indirect — kids, youth, working people, active aging people, people living in cities and small villages) and physical activity as a “positive medicine” for personal, professional and social development of individuals.

Main objectives, we have focused in the project are:

- ★ Improved sharing and promotion of good practices in the field of sport and physical activity.
- ★ Collection of good practices of the previous editions of European week of sport.
- ★ Strengthen the evidence base for policy making (studies, data gathering, surveys) at local, national and European level.
- ★ Increased knowledge and awareness regarding sport and physical activity, as in the same moment strengthened cooperation between institutions and organizations active in the field of sport and physical activity, not only inside the consortium, but also at local level in the partner organizations countries.



- ★ Promotion of tools for different professional groups to work for motivating more people to do sports in every day life — 8 good practise manuals elaborated (How to be active every day for kids; How to be active every day for youth; How to be active every day in school; How to be active every day for working people; How to be active every day for active aging people; How to be active every day in the city; How to be active every day in small village; Good practice manual of EWoS 2015 and 2016. Each of the manuals has collected the best possible practices from Europe and the world with tips for implementation of each of the topics.) — published as Open Educational Resources, available for NGO's, sport organizations, local/regional/national institutions and other interested.
- ★ Improve good governance in sport with shortcut to resources — Educational platform and Android/iPhone application - innovative database of "sport ideas" — a search engine. In this search engine, you can put your living place (city or village), your occupation (working, student), your age group (kid, youth, adult) and the engine will give you ideas how you can be active every day.
- ★ Create an innovative network of professionals, devoted to active living from different parts of Europe, who will be committed to the project not only during project life, but also after the project end with development and growing good practice database.
- ★ Collection of ideas for the development of the idea of "Everyday of sport" in the daily life of the European citizens.
- ★ Raise awareness on the added value of sport and physical activities in relation to the personal, professional and social development of individuals through all planned project activities.
- ★ Raise awareness on the importance of health-enhancing effects of physical through all planned project activities.
- ★ Increase participation in physical activities and sport by increased number of local actions and events, awareness-raising activities and providing opportunity to individuals to personally experience the benefits of physical activities.
- ★ Disseminate the accumulated knowledge and expertise of the partnership, its newly developed tools and best practices to inspire and promote further collaborations and synergies on the related topics.
- ★ Empower specialists from different fields with the tools and instruments to act freely in their daily work, with the ideas that they can implement directly.



EUROPEAN EVERYDAY of SPORT



Project “European everyday of sport” is co-funded by the European Commission Erasmus+ — Sports — Collaborative partnerships in the sport field and Not-for-profit European sport events. The partnership between Bulgaria, Italy, Croatia, Hungary, Lithuania, Poland, Slovakia is a combination of sports and youth organizations youth and educational institutions:

Bulgaria:

Bulgarian sports development association

www.bulsport.bg



Bulgarian Sports Development Association was founded in 2010 and is a nonprofit public organization devoted to the development of Bulgarian sport and improving sporting culture in Bulgaria.

Association team is young, creative and full of innovative spirit that works for development of Bulgarian sport and enhance the sport culture in Bulgaria with a desire and motivation. BSDA membership is voluntary and the association involve both physical and legal persons who are willing to help sport development with time, ideas, effort or financial support. Together with sport focused activities, association also organizes different events in the areas of: entrepreneurship, citizenship and active society. The team of the organization consists of professionals from different fields as: sport experts, media specialists, tourism and hospitality, education, marketing and others.

Association believes that sport should be part of a modern life of children and young people and should create in them values such as fair play, team-work, discipline, equal start and non-discrimination. Sport is also be a excellent way to prevent many of the problems of young people such as social exclusion, violence, crime and addictions.

Main goals of the organization are:

1. Sustainable development of physical education and sport in Bulgaria;
2. Develop different strategies and programs for sport tourism;
3. Development, application, implementation and coordination of national, municipal, government, European, international and other projects and programs for development of sport, sports facilities and physical education;
4. Improving the health, physical condition and sports culture of the nation, concerning youth problems as a priority;



EUROPEAN EVERYDAY of SPORT

5. Optimization and mobilizing human and material potential in sport and personal development;
6. Creating an enabling environment for sustainable and efficient management and entrepreneurship in sport and tourism;
7. Development of education in physical culture and sport and through sport, and informal continuing education in the field of sport, professional development, business and entrepreneurship;
8. Protection of children, youth, professional athletes, coaches, sports figures and sports organizations;
9. Develop and Stimulate entrepreneurship in sports.

Specific fields, connected to the project:

- ★ More than 20 years of sport field knowledge of the applicant's project team members;
- ★ Coordination for Sofia of Move week 2013 and 2014 with excellent results — campaign, similar to EWoS, that has gave us easier overview of the EWoS campaign and way to analyse comparing both;
- ★ Capacity to lead the collaborative partnership, to find the best possible good practices, to collect them in one single place as open educational resource for all interested players;
- ★ Possibility to sustain the project after the funding, because we believe that the project will have long life and added value to sport for all sector;

Full member of ISCA — International sport and culture association and National Patient Organization Confederation “Health Protection” — Bulgaria. Represented at:

- ★ National Parliament of the Republic of Bulgaria - Commission on cooperation with NGOs and citizens' complaints (April 2015 — January 2017) — Representative in Public Council — sector “Physical Education and sports”;
- ★ Founder of representative body the NGO Forum for support of Bulgarian presidency 2018 (March 2017 — present);
- ★ BSDA has been between first 32 organizations in Europe, that signed the launched from Commissioner Tibor Navracsics pledge of good governance in sport during Sport Forum 2017 in Malta. (March 2017)



Italy

Mine Vaganti NGO

www.minevaganti.org/



Mine Vaganti NGO (MVNGO) was born in Sardinia (Italy) in 2009. MVNGO has 4 offices in Olbia, Sassari, Uri and Tempio Pausania and manages the operation of one youth center (Centro Santa Caterina, Sassari), thus represented in all the North of Sardinia. Mission: MVNGO promotes Intercultural Dialogue, Social Inclusion through Sport and environmental protection using Non Formal Education. MVNGO is part of 3 international networks such as YEE, ISCA and MV International. Services: MVNGO is an educational training provider at local and European level and has a consultant role for public and private bodies in order to promote and develop European and trans-continental projects. Programmes: MVNGO works on Erasmus+, Horizon 2020, Europe for Citizens, Creative Europe, EuropeAid, EaSi, Life+, IEE, the United Nations programmes (UNDEF) and with foundations such as EYF, Anna Lindh and Open Society. Hosting: MVNGO is accredited as hosting institutions in EVS (CODE: 2015-1-IT03-KA110-005863), Erasmus for Entrepreneurs, Erasmus Placement (through University of Sassari), Anna Lindh, National Funds, Azerbaijani Foundation.

General objectives:

- ★ Promote young mobility, intercultural exchange, volunteer and social cooperation among youngsters;
- ★ Stimulate the exchange of ideas and experience, mutual understanding, and equal rights and opportunities among young people in Europe and in the Euromed countries;
- ★ Promote intercultural understanding, equal opportunities, respect, active citizenship and solidarity;
- ★ Fight discrimination, xenophobia and intolerance;
- ★ Promote respect for the nature (ecofriendly attitude) and develop new job opportunities;
- ★ Involve young people with fewer opportunities.



EUROPEAN EVERYDAY of SPORT

Activities:

- ★ In the field of non-formal and in-formal education, informing and communication (youth exchanges, training course, study sessions);
- ★ Activities for youth: voluntaries projects in local communities, sportive activities as an healthy lifestyle, sport as a tool for inclusion, eco projects of free expression for young people.

Mine Vaganti NGO has successfully implemented numerous projects related to:

- ★ Sport values, health — Youth Exchange “ExSport ME Import Us”;
- ★ Sport as an educational tool — Youth in Action TC “Inclusive Sport for All”;
- ★ Youth Exchange “Two Islands One Move” related to The European Move Week 2013;
- ★ Sport as a tool for inclusion — European Youth Foundation Pilot Activity “Inclusive Sport in Sardinia”;
- ★ Sport as an educational tool for inclusion using non-formal education — Grundtvig InTraining Service “Education and Sport for All”.

Mine Vaganti NGO established its Sport Branch in 2011, and the current project is largely based on their accumulated experience in the field of Non-formal Education, Sport, Social Inclusion, as well as it builds on the project management skills and experience gained through these years through more than 30 implemented project by the NGO.



Croatia

RIJEKA'S SPORTS ASSOCIATION

www.rss.hr



Rijeka's Sports Association /acronym RSS/, is non government and non profit organisation, allying all sporting clubs within the City of Rijeka and is the promoter of the Programme of public sports programme co-funding in the City of Rijeka which is presented through the City administration department for sports and technical culture to the government of the City of Rijeka.

Operation of Rijeka's Sports Association and its technical services is governed by Sports Act. The Association is in charge of the promotion and stimulation of sports as a whole within the territory of its competence, of coordination among its members' activities, of bringing together and coordinating sports programmes, proposing the programme of public sports programme co-funding and taking care of its development.

PROGRAMME FIELDS

1. Fostering and promotion of sports;
2. Carrying out sports activities for children, youth and students;
3. Operation of sporting societies, sporting communities and city associations;
4. Sports preparations, national and international championships and general and special health protection for athletes;
5. Employment of professional sporting staff;
6. Sporting and recreational public activities;
7. Utilization of sporting facilities of significance for the local self-governing unit;
8. Development and funding of research and development projects, feasibility studies and surveys in the function of sports development;



EUROPEAN EVERYDAY of SPORT

9. Planning, construction, maintenance and utilization of sporting facilities and structures of significance for the local/regional self-governing unit.

Programme fields of public sports programme co-funding within the City of Rijeka comprise all the above mentioned activities, with differences concerning certain programmes timing. Its activities — programme planning, analytics, informatics, legal and human resources related, accounting-financial, programme development surveillance and others — are performed by technical staff within the Association.

These activities are allocated regular and occasional financial support for 182 sports clubs with approx. 18,000 active athletes of different age, out of which 9,500 either registered or unregistered sports club members and over 5,000 students and procreative users.

Since 29th of March 2010 Rijeka's Sports Association has received the certification audit by the Bureau Veritas in all the processes in accordance with the requirements of ISO 9001:2008 procedures and BV.

RSS cooperate with Croatian Olympic Committee, Croatian Paralympic Committee and Croatian Deaf People's Sporting Society.



Hungary

Reményt a Gyermeknek Közhasznú Egyesület / Hope for Children Hungary

www.remenytagyermekeknek.hu/



The main goal of the Association is to advocate and protect children's rights in compliance with the standards and principles of the UN Convention for the Rights of the Child. The Association serves as an intermediary organization between the society (including several actors such as businesses, universities and other non-for-profit organizations) and the children, youngsters and families in need with the aim to facilitate and coordinate the flow of the donations and the human resources (professional and volunteer) between them. The promotion of the human rights education in Hungary is part of this mission in the frames of which workshops and trainings are organized for children and young people. The aims of the awareness raising and informative campaigns are to prevent the violation of rights and to realize and acknowledge the current problems which is essential for an extensive social consultation and action.

Right to health is one of our main topics, which includes education about healthy lifestyles, sports and awareness rising on doping. We recently run "Right to health" programme in 2 institutions we work with and still continuing in during the summer time in the summer camps. The program includes workshops 3 times a week, where our experienced volunteers are using non-formal education elements mixing with sport. Programme had a big success as all the children are enjoying it and they have learned a lot so far.



Lithuania

Vilniaus kolegija / University of Applied Sciences

<https://en.viko.lt/>



VK is the biggest University of Applied Sciences in Lithuania with more than 7000 learners and 1000 staff. We have hundreds of stakeholders, social partners within private sector, governmental organizations so dissemination and valorisation of results are widely supported within.

VK is higher educational institution, which gives more practical training to the students. Sports facilities serve as an extra curriculum's factor motivating students to be healthy and active during their studies. Sport serves as an educational factor for building positive, healthy attitude, teamwork, good physical condition and motivation.

We have very good competence and infrastructure to organize different kind of sports activities in Lithuania in the sphere of the following sports brunches:

- ★ Bodybuilding;
- ★ Basketball;
- ★ Athletics;
- ★ Football;
- ★ Individual trainings;
- ★ Volleyball;
- ★ Table tennis.

We have excellent relations and agreements with Lithuanian Olympic committee (<http://www.ltok.lt/#>) as well as Lithuanians sports federations (<http://www.lsf.lt/>). We are happy to have full governmental support to disseminate and valorise our project's sports activities.



Poland

Stowarzyszenie Instytut Nowych Technologii / Association Institute of Innovative Technologies

www.newtechlodz.com/



Instytut
Nowych Technologii

INT has many years of experience in the organization of training courses, conferences, promotion and use of new technologies in education and entrepreneurship. Our activities are aimed at promoting new technologies, innovation and increasing opportunities for participants in the labour market education and equal opportunities. Among the key actions INT there are: researches for authorities and private entities, the organization of the Regional Competition Leader of New Technologies (innovative technologies) in the region of Lodz, numerous conferences, over 350 trainings, workshops, etc. INT leads “NGO Support Centre” in the region and works with more than 100 NGOs. Currently, the INT was established Regional Centre for International Debates (project of the Ministry of Foreign Affairs).

The recipients of our projects are: youth, disadvantaged groups, NGOs, volunteers, employees of companies, entrepreneurs as well as those who are just starting their career path, also elderly people. The organization’s activities are adapted to the current needs of the market, hence the continuing need to acquire new knowledge, exchange experiences and increasing competence.

Before the current project, we have realized another sport project which has been coordinated by people who are actively involved in physical activity. Other projects coordinated by our organization has been also connected with sport activities. From many years we have established close cooperation with many NGOs, local authority and many schools – that have impact on our society. Some of our employees are really active in their private life; some even document it by blogs, organizing events, participating in sport events. INT employee’s about 10 people with master degree in the field of sociology, pedagogy, management, international relations, law.



Slovakia

A.D.E.L. – Association for Development, Education and Labour

www.adelslovakia.org/en/



A.D.E.L. is an organization, which creates opportunities for young people who would like to be an active, try and learn something new, gain new experience and knowledge for personal and professional development. We want to enrich the educational, social and cultural life of young people living in our country, mainly young people with fewer opportunities and coming from Eastern Slovakia. We believe that young people must become a driving force in building the society in which they live and therefore we create various opportunities in order to help shape a generation that is determined to change our country/and world for the better.

Our main goals that we promote with a variety of projects and activities are:

- ★ to increase employment of young people and to support their personal and professional development;
- ★ to organize and mediate trainings, youth exchanges, work camps, seminars, study mobilities, internships and volunteering programs abroad;
- ★ to encourage active citizenship, civic participation, voluntary and civic initiatives and to emphasize their importance in the society;
- ★ to stimulate the creation of new and innovative ideas as the basis for entrepreneurial initiatives of young people, to motivate them and support towards his own business;
- ★ to encourage the responsible attitude to the nature and animals, promote a healthy lifestyle and protect the environment;
- ★ to promote constructive debate on the EU, to raise legal awareness of citizens, protect human rights and to watch the transparency in the allocation of public resources;
- ★ to endorse the elimination of gender stereotypes and promote equality of opportunity for all...

Our motto is: „Youth is not just a temporary state on the way to adulthood, but the space for our own journey, opinions and solutions – and we want to fill in this lack of space!“



5 Useful links

| | |
|--|---|
| European commission official web page | http://ec.europa.eu |
| European week of sport official web page | http://ec.europa.eu/sport/week |
| Erasmus+ official web page | https://ec.europa.eu/programmes/erasmus-plus/node_en |
| Eberspächer web page | https://www.eberspaecher.com/en/jobs-career/family-delights/worklife-balance/company-sports-program.html |
| Gore web page | https://www.gore.com/en_gb/careers/whoweare/worklifebalance/1251586293402.html |
| Snacknation web page | http://www.snacknation.com/blog/employee-wellness-program-ideas/ |



EUROPEAN EVERYDAY of SPORT

Authors:

Anna Tupiec, Poland

Katarzyna Krzywańska, Poland

Michał Brzeziński, Poland

In this manual have been used materials from all project events and public recourses and information.

Disclaimer

This handbook constitutes one of the deliverables of the BSDA-led “European Everyday of Sport” project, co-funded by the Erasmus + Programme of the European Union.

The European Commission support for the production of this publication does not constitute endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

For any comment on this Manual, please contact BSDA: info@bulsport.bg

More info on the European Week of Sport (<http://ec.europa.eu/sport/week>)

© EUROPEAN EVERYDAY OF SPORT, BULGARIAN SPORTS DEVELOPMENT ASSOCIATION, 2016

Reproduction is authorised provided the source is acknowledged.



