



EUROPEAN
EVERYDAY of SPORT

HOW TO BE ACTIVE EVERYDAY

for kids #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 kids_____	6
3	Good practices – How to be active everyday for kids_____	8
4	About European everyday of sport project_____	19
5	Useful links_____	33

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;
- ★ How to be active every day for working people;



EUROPEAN EVERYDAY of SPORT

- ★ 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 kids

Physical activity is essential for good health. The kindergartens, schools and the family can help increase physical activity levels, and by thus improve the health of children, reduce sickness absence and increase productivity. In childhood the education of motion and healthy nutrition is one of the most important things.

Childhood is a very active period of life, but important that every muscle, and every bone receives the same attention while the kid keeps happy when he or she is moving. All kinds of play and dance forms are popular in this age. The colorful dresses, the lot of music and the community are what makes these activities attractive.

The martial arts teach discipline, so these forms of motion can also help with the treatment of certain attention disorders. They develop the endurance, the discipline and they help to keep our self-control.

Physiotherapy in childhood

Scoliosis and flatfoot is the most common disease between children. The regularly physiotherapy can correct it, but this motion isn't popular in kids. Some good exercises:

Starting position: forehead on the ground, two arms extended to the head, legs clasped.

- ★ Stretch with a right arm — left foot, left arm — right foot.
- ★ Change arms by lifting and lowering.
- ★ Lift up and hold two arms simultaneously (connect with header).
- ★ Move the right arm up next to the head, stretch it in the opposite direction to the left body, then replace the cart with the fox, lifting the head up.
- ★ Pull the hands together and fasten two elbows up to raise the shoulder. (It is also important to be connected with headphones.)
- ★ Replaced legs with knees to lift, hold, and lower.



EUROPEAN EVERYDAY of SPORT

- ★ Lift and lower two feet at once.
- ★ Starting position: two hands under the head, two elbows on the floor, close the shoulder, two feet on the feet, inserting a stomach, pushing the ankles, tighten the pharynx and stretch it upwards.
- ★ Starting with a foot we lift one leg into the air, then the other one with their strings, and put both of them together at the same time. (Simultaneously by raising both legs.)
- ★ Pull both legs together and turn over the mattress. (Cycling).
- ★ Lower knees to the right and to the left.
- ★ Push two arms to the head, swing up, stretch out high, straight back, and then go back.

Be careful

The sports positive effects in any age is not disputed, but it poses some threats when the special aspects of age are ignored. When we planning a workout, we are be careful the aptitude, age, gender and biological development. However we have to know the anatomical, physiological and psychological characteristics of childhood and adolescence.

In adolescence the weight and height increase may cause a decrease in performance. We have to keep attention the kids psychological state and general condition. Physical activity has a beneficial effect on bone mass and bone mineral content, especially during the period of rapid growth. However, developing bone responds much more sensitively to overload, thus disrupting the development of bone, leading to overloading injuries.

Regular sporting activities are usually beneficial for the child's psychological development, but pre-competitive and excessive physical exercise can have the following adverse effects:


- ★ The early sport choice (before 10 age) can lead to early termination of sports;
- ★ The high — level racing stress factor can be more higher than the kid can handle, and can disrupt normal social relationships;
- ★ In some sports, the physiological changes can make eating disorders.

Let's #BeActive!



3

Good practices – How to be active everyday for kids

Name:	ŐRISZENTPÉTER'S CUP		
When:	2016-09-18	Where:	Őriszentpéter, Hungary 
Who:	Göcsej Environment, Orientation and Running Association	Reach:	321 participants
Description:	It's a traditional sport event in Vas county, which target to "know your county deeply as you can". The children and their families while riding on bike, jogging, riding or walking explore their own county and take some time together. The route is always different, the teams are independent, everybody finds what they want to have fun and take a family time and to know better their own village traditional, nature and roads.		






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Name:		SPORT AND HEALTH DAY	
When:	2016-09-16	Where:	Cegléd Gubody park, Hungary 
Who:	Pest County Freetime Association	Reach:	300 participants
Description:	<p>The local government with some civil organisations organised a several location sport event, which can activated a lot of children who love the nature and take part into some activities together with their friends. The event gives a chance to try many sports, which you haven't had any brave or money and gives you some place to find what's better for you. They will organite the event every year, so it will be a traditional.</p>		




Name:	COCA-COLA BODY WAKE FAMILY MOVEFESTIVAL		
When:	2016-09-11	Where:	Budapest, Kopaszi dam, Hungary 
Who:	Hungarian Freetime Association	Reach:	6000 participants
Description:	<p>It was the 18th time that the Hungarian Freetime Association organized the Coca Cola Body weak family movefestival. The purpose of the event is to make physical exercise available to participants, regardless of their age, and to try out sport games that are not available elsewhere. In addition to traditional sports, you can try out some special features. On this day, the family can learn about 100 sports and activities:</p> <p>The program is packed with a lot of movement and wellness programs, so it's a great way for everyone to enjoy sport.</p>		





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Name:		FREEZ! – AUTUMN SPORT FESTIVAL KISPEST	
When:	2016.09.18	Where:	Budapest, Hungary 
Who:	Budapest Freetime Association	Reach:	1000 participants
Description:	It was the 3 th time that this 10-station sports series, additional sporting trials, health screenings, lifestyle counseling, and children's play has been organized. The participations had a chance to try floorball, bowling, mini golf, cricket, sprint run, skill tasks, badminton, sledding, slackline, nordic walking, ergometer biking and rowing for free.		



Name:	31. WIZZ AIR BUDAPEST HALF MARATHON		
When:	2016. 09. 11	Where:	Budapest, City park, Hungary 
Who:	Budapest's Sports Bureau	Reach:	16 000 participants
Description:	<p>It's one of the most popular running race in the country. Beautiful milieu, popular guests, full day programmes and diverse challenges able to involve most people.</p> <p>Distances:</p> <ul style="list-style-type: none">★ Individual: 21,0975 km★ Pairs: 11.7 km — 9.4 km★ in trio: 7.4 km — 5.9 km — 7.8 km		






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Name:		EUROPEN SCHOOL SPORT DAY HUNGARY	
When:	2016.09.30	Where:	Hungary 
Who:	Hungarian Student Sport Association	Reach:	20 000 participants
Description:	This event has been organized already for 10 years. The purpose of the event that every school, which join to the event move for 120 minutes. The way, what they do it their choice, but every year have to run every school many kilometers, in this year 2016.		



Name:	BRAVE CAMP		
When:	since 2001	Where:	Hungary, Hatvan 
Who:	Brave Camp Foundation	Reach:	1000/year
Description:	Bator Tabor offers complex therapeutic recreation programs for children with serious illnesses. The goal of the programs is to provide a feeling of success, and increase their self-esteem. In this way, we support their recovery and help them to fit in the regular, normal weekdays. We are a non-profit foundation. Our programs are free of charge for the participants. Our costs are covered by private and company donations.		





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Name:		SUHANJ FITNESS	
When:	since 2010	Where:	Hungary, Budapest 
Who:	Suhanj! Foundation	Reach:	more than 1000/year
Description:	It is the first barrier-free gym in Hungary. Specially wheelchair-friendly machines help disabled and blind persons safely work out. Every training is interactive and opened every person, not just, who have a special need.		




Name:		ACTIVE LEARNING FOR CHILDREN IN SCHOOLS (ALCS)	
When:	September, 13 th , 2016	Where:	Italy, Cesena 
Who:	Wellness Foundation	Reach:	More than 250 children
Description:		<p>Wellness Foundation organised different sports and movement activities for children from Cesena and the surrounding areas. Educational activities related to healthy food was also been organised.</p> <p>There is a big problem all over the world with the sport activities and healthy food in the schools and not only there. We need to have practice like this one for the kids in every country, city and school.</p>	





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Name:		FAMILY GYMNASTICS CHALLENGE	
When:	September, 16 th , 2016	Where:	Ireland, Nationwide 
Who:	Gymnastics Ireland and Sport Ireland	Reach:	100 participants
Description:	<p>Guidelines:</p> <ol style="list-style-type: none"> 1. Selection of team (at least two adults — grandmother and grandfather — and one child and a maximum of 8), team captain, team name, team skills and a safe place to complete the challenge; 2. Set the scene (introduce all team members, team name and the city where you are); 3. Each participant completes each skill challenge one after the other, except for group activities; 4. Once complete, tell us why we should choose your team to win! <p>Challenges:</p> <ul style="list-style-type: none"> ★ Challenge 1 — A roll — any type; ★ Challenge 2 — A handstand or cartwheel (best attempt!); ★ Challenge 3 — Jump Full Turn (or more turns if you are able); ★ Challenge 4 — A group balance activity involving the whole group (held for 3 seconds); ★ Challenge 5 — Free Choice. Each team member can 'show off' any gymnastic skill of their choice. <p>This is a challenge for the families to get up and #BeActive! The families can have some funny and healthy time together! The practice can be useful in every country!</p>		



Name:		THE INTERNATIONAL KITE FESTIVAL	
When:	from Saturday 1st to Sunday 9 th April 2017	Where:	Berck-sur-Mer, France 
Who:	Office de tourisme de berck sur mer	Reach:	Almost 700,000 spectators come to the vast Berck-sur-Mer beach to contemplate the world's best kite-makers' new creations.
Description:		<p>Open to everyone, there is entertainment for all ages. Your little ones can learn how to make and fly kites in a safe environment. Marine life, astonishing flying creatures, giant octopuses, even memorable characters from your childhood undulate across the sky. A colourful festival where you have your feet in the sand and your head in the sky. Visit the foreign delegations' exhibitions and stands every day on the esplanade from 10.00am to 6.00pm. On the beach spectators can enjoy this activity. And at the same time, the show in the air continues. The kite-flyers get together for Mega-teams or pacific Rokkakus battles (Japanese-inspired hexagonal kites). Don't forget to visit the wind gardens - an enchanting universe with a dose of humour and passion. The festival concludes with a night flight and a firework show.</p>	





**EUROPEAN
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4

About European everyday of sport project

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.

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.



EUROPEAN EVERYDAY of SPORT

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.



EUROPEAN EVERYDAY of SPORT

- ★ 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.





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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;



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)



EUROPEAN EVERYDAY of SPORT

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.



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.



EUROPEAN EVERYDAY of SPORT

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;



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 Paraolympic Committee and Croatian Deaf People's Sporting Society.



**EUROPEAN
EVERYDAY of SPORT**

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.



**EUROPEAN
EVERYDAY of SPORT**

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/

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

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