



EUROPEAN
EVERYDAY **of** SPORT

HOW TO BE ACTIVE EVERYDAY

in a small village **#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-SPO-SCP/





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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;



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- ★ 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 in the small village

2.1. The problem of inactivity in small villages in Croatia

The regular physical activity is far more developed in urban areas than in rural.

There are the several reasons that cause this situation, as follows:

1. There is a stereotype that denies the importance of regular sports activities. The residents of small rural areas consider such activities too much “fashionable”.
2. An additional problem is a small representation of women and people with disabilities in any form of recreational activities.
3. Inadequate public awareness. According to the conducted survey, people with higher level of education have greater awareness of the importance of regular physical exercise. Unfortunately, in the rural areas, most of the population has a low level of education.
4. Lack of motivation. There are a very few organized activities in these areas, so the opportunities are also reduced.
5. An additional problem is the isolation of these areas. Even when there is a possibility, it's not eligible for purely practical reason, there is no adequate transport links. This is particularly present with women and people with disabilities who generally do not drive and depend on family members.

2.2. Tips and ideas for active lifestyle in small village

1. The promotion of traditional sports.

There are many sports that are practiced in rural areas, but over the time they died out or lost in importance. The main reason for this is that the younger generations have other priorities and consider such activities



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unacceptable or treat it as a sport for the elderly. For example, this can apply for the bocce game, in which is possible in a relatively simple area organize the activities. Those activities are acceptable for all age groups, including women, children and persons with disabilities.

2. During the organization of sports and cultural events in small villages it is necessary to take the opportunity to arrange a proper events that promote the importance of regular physical exercise and sports activities.
3. Educational institutions (schools, for example) that have sports hall and trained staff can organize recreational activities for their fellow villagers.
4. The sports associations are also able to organize regular recreational activities for the locals, in a way that they offer programs for different age groups, with special emphasis on women and persons with disabilities.
5. Considering the fact that the transport and lack of motivation are the big issue, it can be solved in a way that the local councils/communes that own a van, provide that the van can be used for the purpose of transportation of the participants.
6. The recreational activities with an emphasis on the importance of physical training and corrective gymnastics can be organized for women. If there is a swimming pool nearby, that is the additional motivation for the beneficiary.
7. For the people with disabilities the primary issue is a transportation, but with the help of local communities and parents this can be solved. These people should be offered a variety of facilities (gym and swimming pool).
8. In addition to sports and recreational activities, some other forms of activities that are practiced for the purpose of entertainment and socializing have been developed in rural areas. At such gatherings there is a large number of residents of all ages. Eg. Competition in playing the accordion. It should encourage such events, take the opportunity to promote the importance of regular exercise and offer specific facilities.
9. Mobile clinic.

This is a very acceptable form of regular communication with the locals. The mobile clinics services are not intended exclusively for curing, but also for a prevention. Therefore, this opportunity should also be used to encourage users to exercise regularly.

Let's #BeActive!



3 Good practices – How to be active everyday in a small village

Name:	SPORTS WEEKEND IN THE BROD NA KUPI		
When:	16-17/07/2016	Where:	Brod na Kupa, Croatia 
Who:	“Kupa” Association Triathlon club Rival	Reach:	200 participants
Description:	<p>As part of the Festival of Sports Recreation of Primorsko-goranska county which was held on Saturday and Sunday, 16th and 17th of July 2016 in Brod na Kupa, the fourth Kupa night half marathon “Race of friendship” was successfully implemented despite the rainy weather.</p> <p>All participants started from the center of Brod na Kupa and ran by the road upstream along the Kupa to place Gašparci, and after turning they came back on the start spot. The 10 km long race was, as stated by the participants themselves, very attractive and comfortable for running considering the high temperatures.</p>		





Name:	XIII TRADITIONAL INTERNATIONAL BASKETBALL TOURNAMENT STREET BALL - "KUPA 2016"		
When:	03/09/2016 (every year)	Where:	Brod na Kupa, Croatia 
Who:	"Kupa" Association	Reach:	50 participants

Description:

On Saturday, 09/03/2016 in Brod na Kupa, "Kupa" Association organized the 13th traditional international basketball tournament – street ball "Kupa 2016".

On the tournament, which was played on the primary schools playground, performed the 6 teams of which the two were from Delnice (Croatia), two from the Republic of Slovenia, one from Tršće-Čabar (Croatia) and one from Rijeka (Croatia).

The teams were consisted of young basketball players, who have played wholeheartedly. On the playground dominated the youth and the beauty of the game under the baskets.

Everything went in a friendly and fun environment.

In this way was completed sports and recreational summer 2016 in Brod na Kupa, where the "Kupa" Association conducted four programs of the Festival of Sports Recreation of Primorsko-goranska County.

All participants of this event noted: WILL SEE EACH OTHER NEXT YEAR!

Innovative aspect in this event is that Street ball "Kupa 2016" offered the opportunity to gather the young basketball players from small villages and motivate them to stay active and to continue the tradition.



Name:	CRES TRIATHLON		
When:	21/08/2016 (every year)	Where:	Cres, Croatia 
Who:	"Cres-Insula Activa" Association	Reach:	100 participants
Description:	<p>The association "Cres-Insula Activa" traditionally for the tenth year in a row organizes Cres Triathlon which gathers about 100 fans of this sport.</p> <p>The main aim of this event is to encourage people to engage in recreational activities and reach a wider population. This ten-year old event aims to raise awareness in Cres on the usefulness of practicing any kind of sports, and representing Cres as a suitable destination for it.</p>		





Name:	CROATIAN CHAMPIONSHIP IN SLEDDING		
When:	02/2013	Where:	Delnice, Croatia 
Who:	Association "Zdolanjski kraj"	Reach:	100 participants
Description:	<p>"Potok" is without any doubt one of the best sledding trails in Croatia and a remarkable Gorski kotar county tourist facility.</p> <p>Croatian Championship in sledding on natural trails was an event praised by everyone. The organizers did a fantastic job, especially considering the weather conditions.</p> <p>The event gathered more than 100 participants and lovers of this fun and unusual winter sport. The participants were of all ages that confirms that sledding is a recreational activity not only for children.</p>		



Name:	100 MILES OF ISTRIA		
When:	04/2015 (every year)	Where:	Small villages in Istria, Croatia 
Who:	100 Miles of Istria Race committee (consist of the company SportBox d.o.o., club SRK Alba, towns of Umag, Labin, Buzet, Pazin, Buje and the municipalities of Kršan, Lovran, Lupoglav, Lanišće, Cerovlje, Motovun, Oprtalj and Grožnjan)		
Description:	The third edition of the race will be remembered for the storm with heavy rain, wind and snow in the mountains, which was the main reason why so many competitors dropped out of race. Interestingly, only a week before the race the weather was sunny and warm. Even on the day we announced the winners, everybody got the chance to enjoy clear skies and plenty of sunshine.		
	There were 700 hundred competitors from 30 countries participating a race, which had the largest number of applicants so far. For the first time it was organized a 5-kilometer road race. Even kids ran the 1-mile race.		





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Name:	„TRENTINO PEDALA“ (TRENTO ON BIKE)	
When: March to September 2016 (every year)	Where: Trentino, Italy	
Who: Council for Infrastructure and the Environment	Reach: around 100 participants	
Description:	<p>A project aimed to make cycling a part of everyday life, in Trentino. The provincial government's Council for Infrastructure and the Environment is coordinating the initiative, which follows a health-in-all-policies approach. Citizens are invited to create a profile and can participate in an informal competition to establish who — among institutions, companies or informal groups — is more active and saves more carbon dioxide. An app can be downloaded free of charge to track progress, and virtual medals will be granted for the most active cyclists. This is the great innovative aspect that can be applied in other countries on the other sports events.</p> <p>Through this event the organizers want to help convey the message that cycling brings multiple benefits: it reduces pollution, improves the environment and above all makes you feel good. It is a message that appeals to all ages — from children to adults — and in different contexts, schools, companies, municipalities, associations.</p>	



Name:	DOUBLE ULTRA TRIATHLON		
When:	11 – 13 August 2016	Where:	Murska Sobota, Bakovci, Slovenia 
Who:	Športno društvo Bakovci	Reach:	22 active participants
Description:	<p>The competition took place from the 11th to 13th August 2016 in a small village Bakovci, near Murska Sobota in Slovenia and included swimming, cycling and running part.</p> <p>Swimming was in the lake. There were 20 laps with altogether 7.6 km.</p> <p>Cycling was on completely flat course. There were 74 laps with altogether 360 km.</p> <p>As for running, there was an asphalt course with 56 laps with altogether 84.4 km.</p> <p>Great way to keep yourself active during the summer in a small village.</p>		





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Name:	PODBRDO TRAIL RUNNING FESTIVAL		
When:	June 2016	Where:	Podbrdo, Slovenia 
Who:	Turistično društvo Pobrdo	Reach:	500 runners
Description:	It took more than 14 years for the event to grow and evolve from the name Alpine Marathon (GM40) to Podbrdo Trail Running Festival. Its growth is seen in the duration of the event — it has become a three days event; and in numbers of trails — now it has 4 different trails. Something for every kind of runners.		



Name:	LOCAL CAMPAIGN TO MOVE		
When:	2015	Where:	Birzei, Lithuania 
Who:	Pačeriaukštės public school	Reach:	100 students

Description:

School has decided to create an active campaign and made mixed age groups from all the students in the school. Teachers created floor for them to exchange ideas and create sport game with competitive character, but focused on the sport games, that has been played in different countries in Europe in different years. In one day each group organized championships for the other groups. Groups has also presented a short description (presentation) of where this game is coming from, what is the country that has been played and why they have chosen this game.

Highlighted as good practice: By this simulation, the participants has been engaged in creating and engaging themselves and the other groups in physical activity, but in the same time, they will get also an organizational experience and project design and managements skills.

They also had to research the historical data for finding the games and also to find the needed information about the country and historic period this game has been played in.





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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 through 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.



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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.



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- ★ 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)



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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.



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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 Paralympic Committee and Croatian Deaf People's Sporting Society.



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Hungary

Reményt a Gyermekeknek 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.



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

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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>)

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