



EUROPEAN
EVERYDAY of SPORT



HOW TO BE ACTIVE EVERYDAY

for youth #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/





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



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- ★ 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.



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Physical activity for youth

Youth gain physical and mental health benefits when they participate in regular physical activity. However, many of them do not participate in physical activity for 60 minutes (1 hour) or more each day, that is the recommended daily activity for this age group. Schools, families, and communities can help youth to be physically active and #BeActive throughout their lives.

Young people should have 60 minutes (1 hour) or more of physical activity daily.

- ★ **Aerobic:** Most of the 60 or more minutes a day should be either moderate – or vigorous – intensity aerobic physical activity and should include vigorous – intensity physical activity at least 3 times per week;
- ★ **Muscle – strengthening:** As part of their 60 or more minutes of daily physical activity, young people should include muscle – strengthening physical activity on at least 3 times per week;
- ★ **Bone – strengthening:** As part of their 60 or more minutes of daily physical activity, young people should include bone – strengthening physical activity on at least 3 times per week.

It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

Appropriate practice of physical activity assists young people to:

- ★ develop healthy musculoskeletal tissues (i.e. bones, muscles and joints);
- ★ develop a healthy cardiovascular system (i.e. heart and lungs);
- ★ develop neuromuscular awareness (i.e. coordination and movement control);
- ★ maintain a healthy body weight.

Physical activity has also been associated with psychological benefits in young people by improving their control over symptoms of anxiety and depression. Similarly, participation in physical activity can assist in the social development of young people by providing opportunities for self-expression, building self-confidence, social interaction and integration. It has also been suggested that physically active young people more readily adopt other healthy behaviours (e.g. avoidance of tobacco, alcohol and drug use) and demonstrate higher academic performance at school.



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What is the motivation of youth to do sports?

1. Look good;
2. Improve health;
3. Make friends;
4. Win;
5. Compete;
6. Have fun.

Tips and ideas:

1. Geocaching: Hiking and having fun outside everywhere in the world. Modern way of treasure hunting. It connects youth, motivate them to be active and also have a possibility to use mobile application to keep it cool.
2. Participate in youth sport event: INTERSPORT Youth Football Festival is one of the largest European youth tournaments in football. As many European youth tournaments in football, this European youth football tournament is a really great opportunity for young footballers to show their talents and skills. European youth football tournaments in the last 12 years has grown to be one of the best world youth football adventure. Such kind of large-scaled sports event is being organized for 200 – 250 youth teams from about 20 – 30 countries of the world. This international youth football tournament offers maximum joy, fun, and great games for all participants of this international youth football tournament. Welcomed football teams of boys in U8, U9, U10, U11, U12, U13, U14, U15, U16, U17 and U18 age groups.
3. Rock Climbing: in Sassari, Italy: Sardinia has so many beautiful rocks to climb. Climbing is not just a physical activity, it needs mental strength too. Youth can improve the physical and the mental health in the same time. It improves balance, concentration and you need to connect with others, take responsibilities, communicate – for safety reason but it is also fun too.
4. Don't use public transport: go by bike, walk, ski, skate, board... it depends on your possibilities and willingness to having fun.
5. Team sport: look around your neighborhood, your nearest courts, your nearest universities, schools and join to the local teams. Most of the cases you can find free possibilities to practice together with your friends.
6. Flashmobs!
7. Dance everywhere ☺ or make a try in an national youth dance festival: U.Dance will showcase the strength and talent of young dancers from across the country and enable the hundreds of young dancers to participate in classes, workshops, careers sessions and social activities during the three and half day residential.

Let's #BeActive!



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Good practices – How to be active everyday for youth

Name:		INTERNATIONAL STUDENT AND YOUTH SPORTS FESTIVAL "MOSCOW GAMES 2015"	
When:	The activity has been implemented the 1 – 4 th of September 2015	Where:	Moscow, Russia 
Who:	Association of student and youth sports	Reach:	The activity involved around 1500 people
Description:	International Student and Youth Sports Festival "Moscow Games 2015" took place in Moscow on the territory of the Olympic complex "Luzhniki" from 1 to 4 of September 2015. The festival received the award as the best sport event of Russia on the Award Ceremony "Sport and Russia". The festival gathered together more than 1 500 amateur athletes from the universities of different countries: Senegal, Russia, Algeria, Romania, Northern Cyprus, Croatia, Kyrgyzstan, Lebanon and Macedonia. There were competitions in 9 sports in the festival: football, volleyball, beach volleyball, rugby-7, tennis, table tennis and cheerleading. The football tournament 5x5 among men for the Sport FM Cup passed over three days. 32 teams were divided into 8 groups. 16 strongest teams continued to compete in the playoffs. The team "Kronverkskie Barcy" from the ITMO University won this tournament. The closing ceremony of the festival was held in gym "Friendship". The winner of the Challenge Cup of the first international festival "Moscow Games 2014" became MSAPE (Moscow state academy of physical education).		



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Name:	EUROPEAN YOUTH FESTIVAL		
When:	The activity has been implemented the 13 – 16 th of July 2017	Where:	Ganja, Azerbaijan 
Who:	Ganja European Youth Capital	Reach:	The activity involved around 1000 people
Description:	<p>Ganja invited all interested European citizens (including non-EU countries such as Russia, Ukraine, Moldova, Belarus and Georgia) to attend the event and celebrate the European Youth Festival together with the habitats of the city. Ganja city is the second biggest city of Azerbaijan which has been selected the European Youth Capital 2016 on 21st of November 2013 in Thessaloniki, Greece by the European Youth Forum. From that day on Ganja city has successfully hosted and organized local and international events, exhibitions and meetings in different European countries. The program of “Ganja European Youth Capital 2016” is focused on 5 main priority areas (Education, Volunteering, Active Participation, Social Cohesion, Youth Employment). The mission of the program is to encrease the activity level of youth organizations, promote the culture, history and rich values of Azerbaijan through different projects throughout the year, and strengthen the intercultural dialogue.</p>		


EUROPEAN YOUTH FESTIVAL






Name:		SUMMER CAMPS	
When:	Every year from 1972	Where:	Switzerland 
Who:	Education Through Recreation™	Reach:	200 participants
Description:		<p>For over 45 years, the delightful alpine village of Leysin perched high above Lake Geneva, has been at the heart of the Village Camps Summer Camp programme that has welcomed thousands of youngsters from all over the world. Accommodation is at the Village Camps owned and operated Swiss Alpine Centre from where campers enjoy great facilities, hearty meals as well as panoramic views across to the distant French Alps. From the Centre, Village Camps runs its specialist programmes, catering for children in the 7 — 18 age-range and offering a diverse choice of fun-packed outdoor adventure, various sports, language studies and award-winning Leadership Training courses.</p> <p>Everyone will have time to enjoy the pure mountain air and the natural environment of this alpine paradise with its meadows, forests and wild-life. Highlights include a hike where campers taste homemade cheese and ice cream, a visit to the shores of our beautiful lake, and the great international city of Geneva.</p>	



Name:	SURVIVAL CAMP		
When:	2016	Where:	Ireland 
Who:	Camp Europe	Reach:	100-500 participants
Description:	<p>We are an organization based in Germany and Canada, that for the last fifteen years has succeed in creating Outdoor Educational programs gathering participants from over 45 different countries. We operate in safe campsites around Europe. Our staff members are well-prepared, trained and most of them with previous experience. We create a fraternity atmosphere which allows us to have a high returning rate of campers that go through our different programs and then become part of our summer team.</p> <p>A character building challenge that starts to become a bit more serious, and campers are now faced with tougher obstacles, group solving problems, creative riddles and more demanding activities. After having reviewed the basics of the Outdoor Adventure Principles, campers will take off into a route where many unexpected situations will force them to foster their team building, communication and organizational skills. By the end of it all, no doubt they will be full of mud, tired and perhaps a bit hungry, but nonetheless, full of vitality and having conquered a wonderfull feeling of self achievement.</p>		





Name:		SKI & STUDY IN THE SWISS ALPS	
When:	2016	Where:	Switzerland 
Who:	Villige Camps	Reach:	100 participants
Description:	<p>Skiing in Leysin</p> <p>Leysin, with its international schools and colleges, is not only regarded as the Alpine educational capital of Switzerland, but is also a great place to ski with ideal conditions especially for beginners and intermediate-level skiers. The village stands at a height of 1200 metres in a sunny position above Lake Geneva with spectacular views across the Rhône Valley to the French Alps and Mont Blanc in the distance. The skiing in Leysin is part of the famous "Glacier-Alpes Vaudoises" circuit, which includes 60kms of pistes and 16 lifts in Leysin and several other nearby ski-villages, notably the world-renowned resorts of Gstaad and Les Diablerets, which boast reliable perma-snow and glacier skiing.</p> <p>Skiing/boarding lessons take place for 3 — 5 hours per day under the supervision of our carefully-selected, qualified instructors. Much of the time is spent on improving techniques but there are of course sessions with free skiing during which campers are also accompanied by their instructors. On the first day, skiers are divided into ability groups of 6 — 10 and are continuously monitored to see if their improvement allows them to be moved to a higher level. At the end of the session there are competitions with prizes and each participant receives a certificate of completion.</p> <p>Leysin has excellent beginner-intermediate level slopes both at the village level and on the higher snowfields; it is an ideal resort for young skiers to make rapid progress. More advanced skiers are also challenged especially when tackling the black runs. Those with the skills and confidence to try jumps can also enjoy the fun snow-park.</p> <p>For the après-ski activities there's time for tobogganing, sledging, ice skating and snow-shoe trekking as well as indoor sports, competitive team games and relaxed evening activities at the cozy Swiss Alpine Centre.</p>		

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Name:	INTERNATIONAL YOUTH CAMP		
When:	2015	Where:	Italy 
Who:	International Youth Camp	Reach:	300 participants
Description:	<p>The summer of 2015 sparkled with excitement in a beautiful field in Italy. We found a magnificent place near Gaggio Montano in the region Emilia-Romagna. People from many different backgrounds traveled to Italy to enjoy two weeks together.</p> <p>The sun was on our heads, rain fell down from the sky and even thunder crept up the mountain to fill the air with energy and excitement. We hiked, we played, we sang, we laughed. We experienced Emilia-Romagna from up close. All the ingredients for a perfect camp were there those two beautiful weeks in Gaggio Montano. The words of the campsong still ring in our ears.</p> <p>Mission Statement: The aim of the IYC is to create an international youth camp where everyone can discover and challenge themselves physically, mentally and spiritually while having a crazy amount of fun.</p> <p>Vision: Everyone is unique and everyone has their own personality and qualities.</p> <p>We create a safe, natural and healthy environment in which the full potential of every individual can be expressed. This open and encouraging environment allows each individual to flourish and to contribute their qualities to create the magical camp atmosphere.</p> <p>We connect with nature and the local culture: we search for a natural camping spot in the middle of nowhere to put up our tents, and build our home; we meet the locals and find out about the region; we search for neighbours willing to provide us with fresh bread, vegetables, fruits, milk, eggs and cheese; and where possible we eat organic food during the camp.</p>		



Name:	YOUTH FOOTBALL FESTIVAL 2017		
When:	2 — 8 th of July 2017	Where:	Kaposvár (HU) 
Who:	INTERSPORT Youth Football Festival	Reach:	The activity involved around 150 people
Description:	<p>INTERSPORT Youth Football Festival is one of the largest European youth tournaments in football. The event is going to be held in Hungary in the city of Kaposvár. As many European youth tournaments in football, this European youth football tournament is a really great opportunity for young footballers to show their talents and skills, and also have a great time in Hungary. Hungary is one of the most beautiful countries in Central Europe with gorgeous landscapes and historical sights. Our European youth football tournament in the last 12 years has grown to be one of the best world youth football tournaments. This large-scaled sports event is being organized for 200 — 250 youth teams from about 20 — 30 countries of the world. Many of the teams take part in our event as a part of their international youth football tour. Countries such as Venezuela, Brazil, Chile participate along with many countries. Our international youth football tournament offers maximum joy, fun, and great games for all participants of this international youth football tournament. Welcomed football teams of boys in U8, U9, U10, U11, U12, U13, U14, U15, U16, U17 and U18 age groups</p> <p>The 13th INTERSPORT Youth Football Festival from 2 — 8 July, 2017. INTERSPORT Youth Football Festival is one of the largest European youth tournaments in football. The event is going to be held in Hungary in the city of Kaposvár. As many European youth tournaments in football, this European youth football tournament is a really great opportunity for young footballers to show their talents and skills, and also have a great time in Hungary. Hungary is one of the most beautiful countries in Central Europe with gorgeous landscapes and historical sights. Our European youth football tournament in the last 12 years has grown to be one of the best world youth football tournaments. This large-scaled sports event is being organized for 200 — 250 youth teams from about 20 — 30 countries of the world. Many of the teams take part in our event as a part of their international youth football tour. Countries such as Venezuela, Brazil, Chile participate along with many countries. Our international youth football tournament offers maximum joy, fun, and great games for all participants of this international youth football tournament. Welcomed football teams of boys in U8, U9, U10, U11, U12, U13, U14, U15, U16, U17 and U18 age groups.</p>		






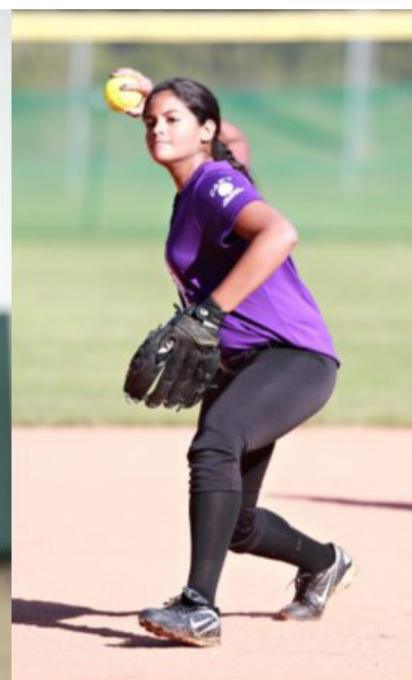
Name:	U.DANCE 2017		
When:	13 – 16 th of July 2017	Where:	Birmingham Hippodrome (UK) 
Who:	One Dance UK	Reach:	The activity involved around 100 people
Description:	<p>A very exciting program was implemented at the national youth dance festival which took place at Birmingham Hippodrome from 13 – 16 July.</p> <p>U.Dance 2017 has showed the strength and talent of young dancers from across the country and enable the hundreds of young dancers to participate in classes, workshops, careers sessions and social activities during the three and half day residential.</p>		

U.DANCE2017

13-16 July  Birmingham



Name:	TOWN OF CARY YOUTH SPORTS		
When:	Every year	Where:	Cary, United states of America 
Who:	Municipality of Cary	Reach:	More than 100 young participants
Description:	<p>The Town of Cary youth sports programs provide a fun learning and growing experience. Youth can benefit from league play in baseball, softball, volleyball and basketball as well as a variety of sports camps/clinics in volleyball, baseball, golf, softball, tennis, and basketball. These programs provide a competitive recreation opportunity that promotes fitness and wellness to participants through team and individual league play. The goals of the programs include participation, sportsmanship, fun, and skill development.</p> <p>Youth Sports Philosophy</p> <p>Fun: Learning to play for the purpose of enjoying participation.</p> <p>Participation: Providing equal opportunity for play.</p> <p>Sportsmanship: Actively expanding the individual's social ability to demonstrate fair play.</p> <p>Skill Development: Gaining expertise to expand the individual participant's potential through practice and play.</p>		






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Name:		SPORTIVATE	
When:	Every year	Where:	London, United Kingdom 
Who:	Municipality of London with the support of National Lottery	Reach:	More than 500 young participants
Description:	<p>Sportivate is inclusive and targets a variety of young people including those who have a disability and people from black and minority ethnic groups.</p> <p>The programme gives 14 – 25 year-olds access to six-to-eight weeks' of free or subsidised coaching in a range of sports. There's a wide range of activities on offer including judo, golf, tennis, dodgeball, athletics, and parkour/free running.</p> <p>During the six-to-eight weeks those taking part can work towards an event or personal challenge and when the free or low-cost coaching has finished they will be supported to continue playing sport.</p> <p>Sportivate is a funding stream aimed at community orientated organisations to attract and sustain 14 – 25 year olds in physical activity and sport.</p>		



Name:		MY SUMMER IN THE CITY	
When:	Every year	Where:	Hammersmith & Fulham, Kensington and Chelsea and Westminster, United Kingdom 
Who:	UK Municipalities with the support of National Lottery	Reach:	More than 1000 young participants
Description:	<p>This city-wide scheme for the summer holidays includes 100 hours of free sporting activities per week, from dance classes at the Pineapple Studios to sailing lessons on the Thames.</p> <p>As summer approaches, you'll find brochures at your local library, leisure centre, estate office or school – or visit Summer in the City to find out more.</p> <p>Summer Activities for Children and Young People in Hammersmith & Fulham, Kensington and Chelsea and Westminster.</p> <p>Summer in the City is your annual guide to the hundreds of summer events and activities taking place for children, young people and their families across central London. With festivals, open air cinema, nature trails, cupcake making, video design and so much more, there's little risk of being bored. Staying at home when summer comes around just isn't an option when you live in UK.</p>		





Name:		SUPERHERO TRI	
When:	Every year	Where:	United Kingdom 
Who:	Superhero Series	Reach:	More than 200 young participants
Description:	<p>It's big. It's bold. It's gutsy. It's the UK's one and only disability sports series for the everyday Superhero! For our very first event, we're kicking off with three uniquely designed triathlons (swim, bike and push/run) that let you do as little or as much as you like. Team up with disabled and non-disabled family and friends to take on one stage each, or fly solo and do all three! Cape optional.</p> <p>There are three ways to take part:</p> <p>Team Up For those who like to roll with a crew. This lets you unite with family and friends (disabled and non-disabled) to do a stage each. Perfect for those who might smash one or two stages but the last is like a big lump of kryptonite.</p> <p>Grab a Sidekick We're introducing a world first — the Sidekick Tri! This race is a unique chance to power your Superhero around the entire course. Prepare to tow them in the water and pull and push them around the bike and push/run sections. You can both be sure of a hero's welcome when you cross the finish line.</p> <p>Fly solo For those who want to see the mission through from start to finish. Pow! But 'flying solo' doesn't mean you have to do it all alone. Every Superhero needs a Sidekick sometimes and, as with all our challenges, you're welcome to bring support for one or more stages.</p>		



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About European everyday of sport project



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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.



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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.



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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;



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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-I-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.



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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;



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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.



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.



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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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Authors:

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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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