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Europe in Action: Good Practices

[Eastern Europe]








ACTIVE CITIES

Theme	Country	Resource author	Resource name	Summary	Date
	Hungary	Fejér County Leisure Sports Association	<u>Open Gyms Programme</u>	The Open Gyms Programme is a unique initiative that has been running successfully since 2004 and provides free of charge recreational sport opportunities to inhabitants of the town of Székesfehérvár.	2004-now
		BMSK National Sport Centres, Ministry of Human Capacities	<u>National Sport Park Programme</u>	The aim is to create new sport parks, courts, multifunctional street sport equipments etc. This way the initiative is a great catalyst of future sport for all opportunities	2016-now
	Lithuania	Viešoji įstaiga „Sveikas miestas“	<u>Sveikas Miestas</u>	Physical Activity Promotion in the centre of Vilnius, every Sunday, various sports are presented and citizens have the opportunity to participate. Also do maintenance of sport objects and promotion for people with disabilities	
	Poland	Ministry of Sport	<u>Open Active Zone</u>	The national program of building an accessible and inclusive outdoor infrastructure for individuals and families of all ages. It consists of an outdoor gym, a recreational zone and active playgrounds. The main objective of the initiative is to create the necessary environmental conditions to enable progress towards a more active and healthy society.	2018-2019





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HEALTH & WELL-BEING	Estonia	NOC Estonia	<u>Campaign - "EOK is coming to school"</u>	Promotes physical activity in schools, provide equipments in schools	since 2010
			<u>"Liikumine teeb erksaks"</u>	Importance of a healthy lifestyle, being active with your family, financial support for mobility projects within local communities, building of infrastructures	since 2016
			<u>EV100: Kingime Eestile 100 päeva liikumist!</u>	Make the population move 100 days/year	since 2018
			<u>Campaign - Wokplace Sports Month</u>	Invites people to move around the workplace or with colleagues, and to encourage employers to create mobility opportunities for their employees	since 2017
	Lithuania	Ministry of Education and Science/ Director General of the Department of Physical Education and Sports	<u>Lithuanian Physical Education Badge programme</u>	Every year at the beginning and the end of the school year, all schoolchildren can test their physical fitness and their sports-related knowledge by taking physical fitness and theoretical tests (on healthy lifestyle, personal hygiene and sports history). Participants are awarded badges, certificates or elite diplomas according to the test results and performance improvement	
			National programme to teach children to swim	The main purpose of the long-standing national programme is to teach school children to swim and to behave safely in and near water. The programme is based on the principle of cooperation, involving school administrations (municipal general education institutions), sports NGOs and higher education institutions.	
	Slovakia	Regional public health authorities	<u>Campaign - "Challenge your heart to motion"</u>	Increase PA among the population. Encourages the population to include at least 30 minutes of physical activity into their daily leisure time and to lead healthier lives.	since 2011
	Hungary	Hungarian Leisure Sport Association	<u>Senior Sport Festival</u>	The Senior Sport Festival is a really unique multisport event focusing on the Hungarian senior society (elderly people over 60 years). The yearly festival offers plenty of sport activities for the participants.	2004-now
	Poland	Ministry of Sport	<u>Programme "club"</u>	Support local small and medium sport clubs in order to provide equal opportunities for children and adolescents in access to systematic physical activity.	2016-now

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 <p>SOCIAL INCLUSION</p>	Austria	Ministry of Sport, together with Sport Austria and the umbrella organizations ASKÖ, ASVÖ and SPORTUNION	<u>Initiative : ARGE Sport & Integration</u>	ARGE aims to promote the participation of people with a migration background in sport	2012
	Czech Republic	OC Czech Republic	<u>Czech Olympic Foundation</u>	Support athletes aged 6-18 who face financial or personal difficulties	
	Estonia	OC Estonia	<u>LIISU</u>	Training Program for PE teachers who live in Eastern-Estonia where majority of the people are native Russian speaker	Since 2019
	Hungary	Pest County Leisure Sports Association	<u>Cegléd "Raging" Championship</u>	Cegléd is facing lot of challenges due to the social and infrastructural problems of the town. The Cegléd "Raging" Championship program showed that football can be a great tool to bring life back to almost forgotten housing estate areas with asphalted sport courts, and it also helps to strengthen the integration of less privileged into the local community, use these old public spaces again, to be active together regardless of social background, and to create new friendships through the games.	2013-now
	Poland	Fundacja dla Wolności	<u>Etnoliga</u>	Etnoliga is a society and the system of football games organized by people of various ethnic origins. Its goal is to support an open society that respects all people equally, regardless of origin, color, gender or religion. It promotes the diversity of cultures and worldviews as well as integrate the groups in society.	2003-now
 <p>CULTURAL HERITAGE & DIVERSITY</p>	Hungary	Members of the Hungarian Leisure Sport Association	Traditional Games Activities	Local members of HLSA held various kind of traditional sport activities regularly, events are free of charges to increase participation. It promotes the Hungarian folk games.	1990-now

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 EDUCATION	Lithuania	OC Lithuania	<u>Fair Play Challenge</u>	For pupils aged 12-13 years. Teaches the foundations of noble conduct and design: honesty, respect, responsibility, unity and security for everyone.	2018
 COMMUNITY & VOLUNTEERISM	Hungary	Hugarian Leisure Sport Association	<u>Family Sport Festival</u>	This multi sport festival offers almost 100 sport activities and it also creates bridges between generations: children, parents, grandparents can have fun at the same event! The organizers of the festivals are supported by volunteers every year.	2015-now
	Estonia (Project Leader)	Sport Year Foundation	<u>Youth Sport Vol Project</u>	Encouraging unemployed youth to access to the labour market by developing and piloting cross-border sport volunteers model between Estonia and Finland. The goal is for the participants to acquire more skills, develop volunteerism and developing opportunities	2016-2017
 ENVIRONMENT	Austria	Sport Austria	<u>Wettbewerb "nachhaltig gewinnen!"</u>	Competition for clubs on doing sport in a sustainable way	since 2011/2012
	Poland	Foundation Recal	<u>Ball for Cans</u>	Program implemented on the sport fields. The participating sports facilities are equipped with special can containers. For every 15 kg of cans collected (1 kg is about 60 pieces) the participating facility receives in return a high-quality football, volleyball or basketball.	2011-now
DIGITALISATION AND INNOVATION	Hungary	Hungarian Leisure Sport Association	<u>Senior Movement</u>	Online training session for seniors every day at 8am and 4pm. 15 to 30min long trainings are shared. Everyone is invited to join the movement at home	2020-now

Europe in Action: Good Practices



[Southern Europe]

Theme	Country	Resource author	Resource name	Summary	Date
 HEALTH & WELL-BEING	Malta	Sports Malta	<u>Programme - #OnTheMove</u>	Dynamic programme in over 50 different sports in over 10 localities in Malta and Gozo - from 6 month old babies into adulthood/different programmes for different ages	
			<u>Programme - #OnTheMove - Summer</u>	Same programme but in summer	
			<u>Senior Citizen Swimming Programme</u>	Free membership to 60+ clients at the National Pool Complex allowing swimming from Monday to Friday from 8am till 3pm	
 GENDER EQUALITY	Italy	Sports Office - Italian Governement	<u>Family Sport Festival</u>	This multi sport festival offers almost 100 sport activities and it also creates bridges between generations: children, parents, grandparents can have fun at the same event! The organizers of the festivals are supported by volunteers every year.	2015-now
	Spain	Ministerio de Cultura y Deporte	<u>Youth Sport Vol Project</u>	Encouraging unemployed youth to access to the labour market by developing and piloting cross-border sport volunteers model between Estonia and Finland. The goal is for the participants to acquire more skills, develop volunteerism and developing opportunities	2016-2017





SOCIAL INCLUSION




Theme	Country	Resource author	Resource name	Summary	Date
SOCIAL INCLUSION	Italy	The National Sport Educational Centre (CSEN)	<u>Sport for All policy - Lo Sport Integrato</u>	The goal is to promote diversity, solidarity and cohesion through sport, by addressing both disabled and able-bodied individuals.	2014
	Spain	Ministerio de Cultura y Deporte	<u>DEPORTE INCLUSIVO</u>	Program that seeks to promote the sports practice of people with disabilities as a tool for their social integration	2019-2022
	Cyprus	SFA Cyprus, Nicosia Municipality	<u>Forever Young</u>	Events to meet the needs of the elderly, gives an opportunity for senior to engage in physical activities	2015-now
	Italy	UISP Italian Union Sports for All	<u>Mondiali Antirazzisti</u>	Mondiali Antirazzisti is an event which uses sport as a tool for bringing together different cultures, ideas and people, to highlight and demonstrate that peaceful existence is possible.	1997-now
	Spain	Sports and Cooperation Network Foundation	<u>Social Integration through Sport</u>	The project integrates children belonging to the most disadvantaged minorities of Cañada Real (Madrid) through activities related to sports.	1999-now
ENVIRONMENT	Malta	Malta Football Association	<u>PLAYGREEN</u>	#PlayGreen is a project initiated by UEFA and funded under the European Union's Erasmus+ Sport programme for a sustainable future in sport. It will create volunteering opportunities focused on sport and environment for young people to engage in sport	2019-now



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 COMMUNITY & VOLUNTEERISM	Cyprus	Cyprus Sport Organisation, Commissioner of Volunteerism and NGO	<u>Volunteerism - Sport, a lesson for life</u>	Event to raise used school clothes and necessities for families in need	2015
	Malta	Sport Malta	<u>Move 360</u>	nurture in the children part of the programme the habit of eating well and doing more physical activity.	
 EDUCATION		Sports and Cooperation Network Foundation	<u>Youth Empowerment through Football</u>	The project exploits the potential of football to increase the ability to obtain a lasting employment by vulnerable youth	1999-now
	Spain	Cultural Foundation	<u>SAVE IT</u>	Saving the dream in grassroots sport based on values (SAVE IT) is a collaborative partnership that allows a group of stakeholders from different sports and educational backgrounds to collaborate in a project aimed at supporting innovative and educational approaches to contain violence and tackle racism, discrimination and intolerance in grassroots sport.	2016-now
DIGITALISATION AND INNOVATION	Spain	Spanish Agency for Consumer Affairs, Food Safety and Nutrition of the Ministry of Health, Social Services and Equality	<u>Awareness campaigns - Activilandia</u>	Virtual theme park used as an educational initiative to promote healthy habits among children aged 6–12 years	2014

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[Northern Europe]



Theme	Country	Resource author	Resource name	Summary	Date
 HEALTH & WELL-BEING	Denmark	OC Denmark	<u>Programm : Move for Life</u>	Goal of increasing physical activity for all ages, creation of programmes, list of sports and clubs, creation of teams etc.	
	Finland	OC Finland	<u>Different ages together on the go! - campaign</u>	PA for all ages - true stories of people of all ages oving together	2019
			<u>Movement for jobs</u>	Implement exercise in the workplace	since 2012
 ENVIRONMENT	Norway	Friluftsskolen	<u>Friluftsskole - Programme</u>	Holiday offer. Basic introduction to outdoor activities with travel in nature, public law, introduction to maps and compass, and knowledge about camp making	2015
		Norwegian Government	<u>The Successful Outdoor Activities Project</u>	Map and develop successful outdoor activities. Target group children and teenagers from 6 to 19	2019
	Netherlands	Huis voor Beweging & Staatsbesbeher	<u>Natuursprong</u>	Stimulate the 4-12 years old children to play and do PA in the nature, with the natural elements, and natural material	2010-now

Theme	Country	Resource author	Resource name	Summary	Date
 SOCIAL INCLUSION	Netherlands	Special Heroes	<u>Special Heroes</u>	A sports promoting programme for children with disabilities: Special Heroes guides schools in implementing the programme and in developing a network of qualified sports clubs, train and coach these sports clubs in working with youth with disabilities, advise municipalities in developing policies and plans for young people with disabilities.	2005-now
		Jeugdfonds Sport en Cultuur: (Youth fund sport and culture)	<u>Jeugdfonds sport en cultuur</u>	Enables children from less affluent families to participate in sports	2000-now
		Foundation Life Goals	<u>Stiching Life Goals</u>	They activate vulnerable people in society via sports. Target groups are: homeless people, status holders, addicted people, ex-prisoners, mentally disordered people, etc	2010-now
 ACTIVE CITIES	Netherlands	VSG, NOC*NSF	<u>The Best Sport and PA City of the Year</u>	Award of the active city`	2005 - now
 EDUCATION	Netherlands	KVLO, NOC*NSF	Election: Sport and PA School of the Year	Every year, an election is organised to choose the school with the best policy for sport and PA for primary or secondary school, and schools for children with disabilities	

Theme	Country	Resource author	Resource name	Summary	Date
 <p>PEACE, DEVELOPMENT & PARTNERSHIP</p>	Netherlands	KNVB	<u>For better football and a better life: WorldCoaches</u>	KNVB has trained football coaches in developing countries since 1997. World Coaches are educated, so that they can transfer knowledge on football and social issues to future WorldCoaches in their areas, in 2016, 8434 coaches had been trained	1997 - now
 <p>CULTURAL HERITAGE & DIVERSITY</p>	Denmark	Gerlev Lagepark	<u>Gerlev Play Park</u>	The community of Gerlev has a 30,000 m2 park that is designed to experience and experiment with the playful movement culture.	Opened to the public since 1999
<p>DIGITALISATION AND INNOVATION</p>	Netherlands	KNVB & SciSports	<u>eQuality Index</u>	The KNVB and SciSports are convinced that using data insights will result in better and more equal competitions. KNVB research has shown that equal leagues are an important aspect for the joy and happiness of 1.2 million members. Furthermore, the eQuality Index offers opportunities to organize leagues more effectively and efficiently, without requiring a lot of time from volunteers.	2020

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[Western Europe]



Theme	Country	Resource author	Resource name	Summary	Date
 GENDER EQUALITY	France	Ministère de l'éducation nationale et de la jeunesse	<u>Guide a destination des animateurs/trices et des éducateurs/trice sportifs</u>	Guide to prevent sexual violence in leisure and sport centers	2019
	Ireland	Sport Ireland	<u>Various Women in Sport Programmes throughout Ireland</u>	Gender equality/Love Sport	
	Germany	Landessportbund Hessen e.V.	<u>Mentoring Porgramm für Frauen im Sport</u>	Mentorship programme in the State of Hessen for women in Sport	2020
	Austria	ASVÖ - Allgemeiner Sportverband Österreichs	<u>Frauen im Sport</u>	Engaging women in sports and in leadership positions	
	United Kingdom	Us Girls	<u>StreetGames</u>	StreetGames aims to support and change the behaviour and practice of community sport institutions to make female sports participation a routine part of their core work in communities challenged by poverty and disadvantage.	2011-now
 ACTIVE CITIES	United Kingdom	Liverpool City	<u>Physical Activity and Sport Strategy (PAS)</u>	The Physical Activity and Sport Strategy guides the direction and priorities that drive the commitment to get Liverpool's residents more physically active and in doing so enjoy greater positive and productive health outcomes.	2014 - now



HEALTH & WELL-BEING



Theme	Country	Resource author	Resource name	Summary	Date
HEALTH & WELL-BEING	Belgium	Sport Flanders	<u>Campaign - Sportel/Active aging</u>	Tips to help seniors incorporate exercise into their daily lives	since 2011
			<u>Programms - Sports after School (SNS) and Sport Snack</u>	Programms that encourage PA for children and young people after school. Sport Snack for kids in primary school/SNS for those in secondary school.	
		Ostbelgien (Ministry of Culture of the German Community)	<u>Campaigns and actions</u>	Campaigns and action of Ostbelgien : Ostbelgien is FIT, I participate!; Walking and cycling; Sports and holiday camp	
		Ligue Handisport Francophone	Calendrier	Events organised every weekend (mostly in Belgium), trainings, sport events,	
	Germany	DOSB (OC Germany)	<u>Familie und Sport</u>	Health/Physical activity	
	Luxembourg	Luxembourg Ministry of Sport	<u>Programm - Schule bewegte/Label "Clever Move"</u>	Promote PA in schools through active school breaks, activities etc	since 2014
	Ireland	Sport Ireland	<u>Funded partners - Age & Opportunity</u>	Improve the quality of life of people 50-100 +	
	Austria	Sport Austria	<u>Campaign - Tägliche Turnstunde</u>	Physical activity for children/in school	since 2012
	United Kingdom	Sport England	<u>Campaign - We are undefeatable</u>	Inspiring and supporting people with long-term health conditions to build physical activity into their lives	
		Sport England, Mind	<u>Get Set to Go</u>	Campaign on How physical activity can help with mental health	
		Faculty of Sport and Exercise Medicine	<u>Moving Medicine</u>	Moving Medicine is a tool that helps healthcare professionals advise patients on how physical activity can help to manage their conditions, prevent disease and aid recovery.	
	Germany (Project leader), Netherlands	Sport Drenthe, Kreissportbund Emsland	<u>Fit for Business</u>	Improve the health conditions of employees in 41 companies by stimulating them to work out in the workspace, 90% of the participating organisations thought the project was effective, employees believed they felt more energetic and were better prepared for work	2010-2013





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 COMMUNITY & VOLUNTEERISM	Germany	DOSB	<u>Ehrenamts-Stiftung veröffentlicht Förderprogramm</u>	Funding programme for volunteers in sport organisation after the pandemic	2020
		TAFISA	<u>TAFISA Certified Leadership Course (CLC)</u>	TAFISA Certified Leadership Courses (CLC) in Sport for All were developed to train and qualify national Sport for All leaders around the globe.	2007-now
 GOVERNANCE, LEADERSHIP & INTEGRITY	Ireland	Sport Ireland	<u>ACCELERATE - Sport Ireland's sector specific management development programme</u>	Leadership development for people in managing positions	2019-2020
	Belgium	Sport Integrity Global Alliance (SIGA)	<u>Declaration of Core Principles of Sport Integrity</u>	Sport Integrity Global Alliance (SIGA) works towards a vision of sport played and governed under the highest integrity standards, free from any form of unethical, illicit and criminal activity, to safeguard sports values and ensure its positive impact and benefits to all citizens.	2015-now
 EDUCATION	France	Collège Saint-Jean de Sannois	<u>Projet Haka</u>	Secondary School students have in addition to their normal curriculum an extra physical activity (boxing, rugby football...) to boost their motivation, and develop new skills	
 ENVIRONMENT	United Kingdom	Forest Green Rovers	<u>Green Football Club</u>	Sustainability is central to everything Forest Green Rovers do. From solar panels and electric vehicle charging points at The New Lawn stadium to their vegan matchday menu, they strive to be the greenest football club in the world.	2011-now

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 PLAY & PHYSICAL LITERACY	Belgium	Sport Flanders	<u>Sportprogramm 2019: Veranstaltungen und Termine auf einen Blick</u>	Exemples of the major sports events of Ostbelgien in 2019. Emphasis on PA, children, training for coaches	2019
	United Kingdom	UK Government	<u>Bikability</u>	Teach children about cycling and safety	2010
 SOCIAL INCLUSION	France	Comité interministériel de lutte contre les exclusions	<u>Plan pluriannuel de lutte contre la pauvreté et pour l'inclusion sociale</u>	Social inclusion through sport	2013
	Ireland	Sport Ireland	<u>Cara Centre</u>	Increase Sport and PA opportunities for people with a disability across Ireland	2019
	Belgium	Cap2Sport	<u>événements</u>	Organises events in Belgium for people with and without disabilities all together	
	United Kingdom	Sport England, Laureus	<u>Street League</u>	Sport for employment / Inclusion	2010
	Germany	Buntkickgut	<u>Intercultural Street Football League of Munich</u>	This innovative method utilises football practice as a tool to prevent violence and delinquency in Germany and other countries.	1997-now
DIGITALISATION AND INNOVATION	Belgium	Adeps	<u>Sensibilisation au Sport Senior avec Ebéosport</u>	Videos on YouTube to include the senior in the European Week of Sport	2020

Europe in Action: Good Practices

[The Balkans + Turkey]

Theme	Country	Resource author	Resource name	Summary	Date
 HEALTH & WELL-BEING	Turkey	Turkish Sport for All Federation	<u>Step Turkey</u>	"Every Day At Least 8000 Step" Our hisapp project with the aim to encourage through various awards are given out for winning. In this way, it is aimed to strengthen the motivation of our citizens to take regular steps in their daily lives.	2018
	Serbia	ISCA	<u>No Elevators Day</u>	NED has always been a way to turn people's attention to an easy and accessible way to be physically active. In 2020 it was about spreading the call and inviting people to share their ideas on how to #UseTheStairs to get a daily dose of exercise.	2015-now
	Slovenia	Jutranja telovadba 1000 gibov	<u>The Šola Zdravja Society</u>	Morning exercise programme for elderly. The Šola Zdravja Society promotes daily outdoor workout in the vicinity of people's residences, under the guidance of qualified volunteers. The exercise takes place in groups of 10-80 people, standing, in the morning hours, and lasts for 30 minutes	2007-now
 COMMUNITY & VOLUNTEERISM	Turkey	The Republic Of Turkey Ministry Of Youth And Sports	<u>Young Volunteers</u>	Gencgonulluler who set out with the motto "Give your heart" is the new meeting place for volunteers. The Ministry of Youth and Sports offers many volunteering opportunities for young people to serve voluntarily. If you want to share your knowledge, labor and time with others, you can follow up on the volunteer ads published on the site.	2013
	Slovenia	Slovenian Philanthropy	<u>Volunteer week</u>	Every May, Slovenian Philanthropy traditionally organizes the National Volunteer Week, the purpose of which is to celebrate volunteering and volunteer organizations and to thank volunteers for their participation.	1999 - now
DIGITALISATION AND INNOVATION	Turkey	Turkish Sport for All Federation	<u>HisApp</u>	HisApp Project; Application for citizens of all ages and segments who can't go to the gym for several reasons offers programme totally free of charges and adapted to anyone	2017

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 PEACE, DEVELOPMENT & PARTNERSHIP	Turkey	Turkish School Sports Federation, Turkish Sport for All Federation, Afyon Kocatepe University	I'm the joy of my school, I'm the fair play ambassador	In Turkey, the training against other similar adverse events, particularly violence and match-fixing in sport is considered to be an important tool. For this reason, 18 volunteer sports envoys reached 5336 students in 22 different village schools in Afyonkarahisar province and explained them the virtues in sports and moral athletes with interactive presentations and various applications.	20
 GOVERNANCE, LEADERSHIP & INTEGRITY	Slovenia	Olympic Committee of Slovenia Association of Sports Federations	<u>Žvižgavke</u>	Anonymous line to report any irregularities in the sport.	2016
 ACTIVE CITIES	Croatia	Zagreb Association of sport recreation «Sport for all»	<u>Sports Recreation Programs In City Quarters</u>	organize sports recreation in the facilities of local governments in the area of City Districts - Local Boards in the City of Zagreb. The program is implemented in all City Quarters, at the locations of 42 Local Self-Government, 92 groups are currently formed, which continuously practice twice a week; total volume 7500 h per year. The program is led by 30 sports recreation coaches, kinesiologists. The program is for the users free	2015-now
 PLAY & PHYSICAL LITERACY	Turkey	Turkish Olympic Committee	<u>Active Kids</u>	ActiveKids provides children with access to sport within their own community and allows them to acquire life skills that will have a positive impact on their social and physical wellbeing.	2011-now