



EUROPEAN  
EVERYDAY of SPORT

# HOW TO BE ACTIVE EVERYDAY

in school #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;





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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 school: the research

This research has been implemented as a part of project's "European Everyday of Sport" funded by European Commission ("572647-EPP-1-2016-BG-SP0-SCP European Everyday of Sport"). The research aims to map general situation of general school's populations of pupils in terms of their sport activities and the most important factors that motivate to do sport. This approach in the research is important for the project because it reveals certain factors, that could be implicate on the Methodical manual composed in the project by giving clear methodological recommendations about methods to promote sport and healthy life styles among pupils not only in Lithuania but in other European Union countries as well. General research methodology is presented by describing research object, research, target group, research population, research strategy and method, and the main research questions. Research results commented after charts below as well as implications delivered in the end of the research consequently.

**Research object:** pupils dispositions on doing sport;

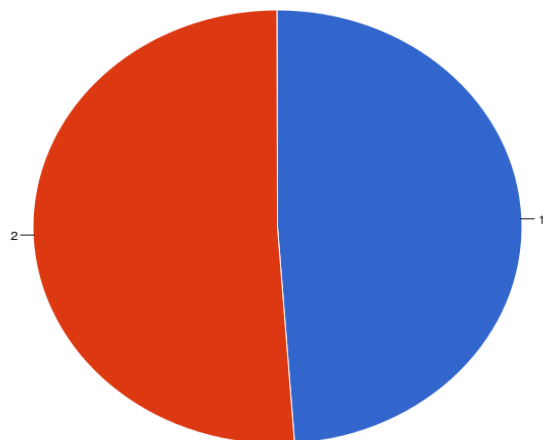
**Target group of the research:** pupils of general education aged between 10 and 18 years old (Primary school excluded because of research peculiarity to target more mature students);

**Research population:** 186 respondents randomly selected; Not stratificated selection — everyone could participate who was motivated enough and got access to the questionnaire;

**Research strategy and method:** there was implemented quantitative research by implementing survey among the respondents; [www.apklausa.lt](http://www.apklausa.lt) survey software was used to collect and generate responses;

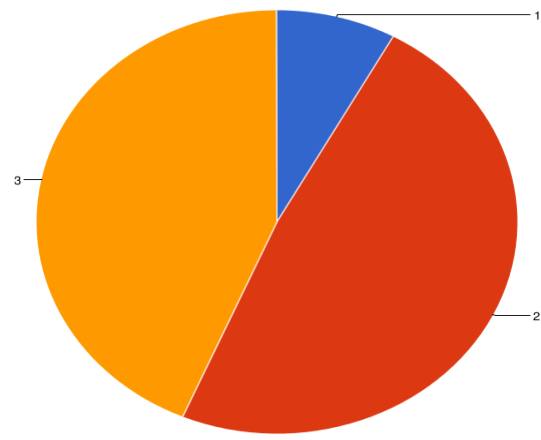
**The main research questions:** Sex and age of respondents; the region of respondents; amount of hours of sport exercised per week? Kind of sport pupils are interested in? Self-evaluation on conditions of doing sport; who can motivate to do sport efficiently; Have the heard about European sport weeks' event and gave they ever participated in? What are the most important motives that drives to do sport?





SEX

Research objects	Numbers	Percentage
Men	91	<div><div></div></div> 48.9%
Women	95	<div><div></div></div> 51.1%



AGE

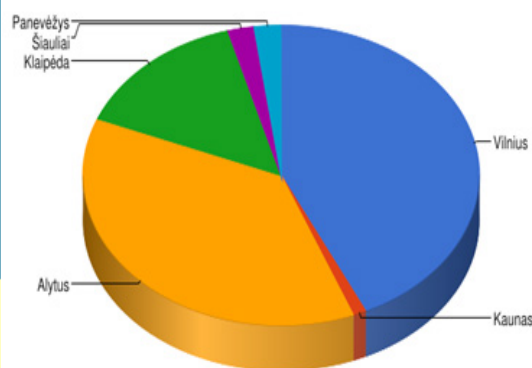
Research objects	Numbers	Percentage
6-11 years old	15	<div><div></div></div> 8.1%
11-16 years old	90	<div><div></div></div> 48.4%
17-18 years old	81	<div><div></div></div> 43.5%

1<sup>st</sup> Picture

In the research gender equality maintained — 91 men (48.9 %) and 95 women (51.1%) have participated, what gives surplus value to validity of data because both genders represented sufficiently in the research. Most of respondents were from the age of 11 — 16 years old — 90 respondents (48,4%). Pupils aged between 17 — 18 — 81 respondent (43,5%). Some pupils from the primary schools participated in the research — 15 (8.1%; although is not a focus of the research was included to observe differences comparing with other respondents).

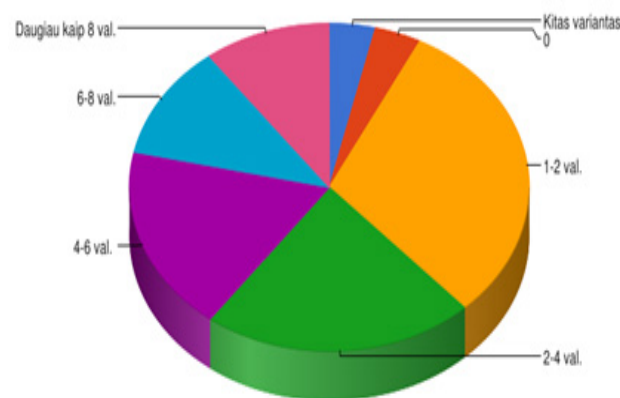


CITY/Region



Research objects	Numbers	Percentage
Vilnius	80	43.0%
Kaunas	2	1.1%
Alytus	69	37.1%
Klaipėda	27	14.5%
Šiauliai	4	2.2%
Panevėžys	4	2.2%

How many hours you do sport per week?



Research objects	Numbers	Percentage
Other options	7	3.8%
0 hours	7	3.8%
1-2 hours	57	30.6%
2-4 hours	41	22.0%
4-6 hours	34	18.3%
6-8 hours	21	11.3%
More than 8 hours	19	10.2%

## 2<sup>nd</sup> Picture

Majority of respondents were from Vilnius (80 respondents; percentage ratio — 43%) and Alytus (69 respondents; 37.1%) regions. Less respondents represented such cities like Klaipėda (27 respondents; percentage ratio — 14.5%); Klaipėda (27 respondents; 14.5%), Šiauliai (4 respondents; 2.2%), Panevėžys (4 respondents; 2.2%), and only 2 respondents from Kaunas (1.1%). Those data show that this research mostly represents south and eastern part of Lithuania where pupils actively participated in the survey.

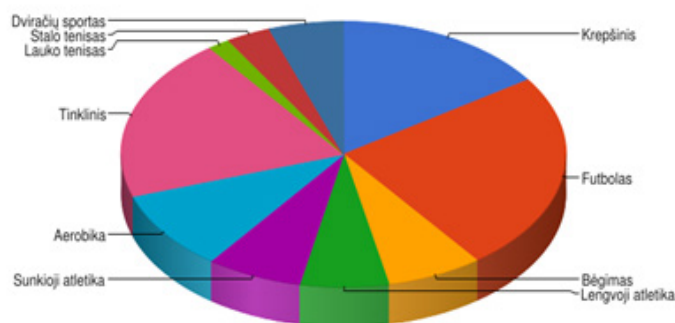
Responses on amounts of hours exercised per week reveals that most of students exercise averagely 1 — 2 hours per week (57 respondents; 30.6%); 2 — 4 hours per week (41 respondents; 22%); 4 — 6 hours per week (34 respondents; 18.3%); 6 — 8 hours of sport exercised by 21 respondents (11.3 %) and more than 8 hours per week of sport activities exercised by 19 respondents (10.2%). According World Health organization for school year children it's recommended to have at least 1 hour of active sport work per day. According the research data this minimum load is reached only by 21% of surveyed respondents, what is critically low at this point.





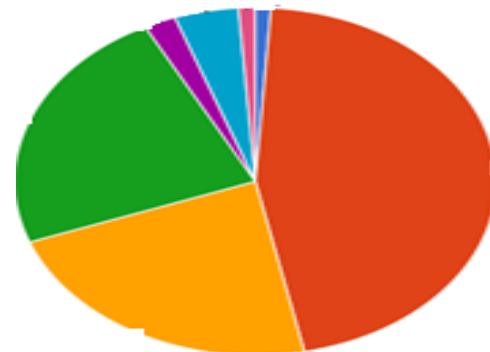
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## What kind of sport are you interested in?



Research objects	Numbers	Percentage
Basketball	29	15.6%
Football	45	24.2%
Running	13	7.0%
Athletics	12	6.5%
Heavy athletics	13	7.0%
Aerobics	18	9.7%
Volleyball	37	19.9%
Tennis	3	1.6%
Table tennis	6	3.2%
Bike sport	10	5.4%

## How do you evaluate your possibilities to do sport?



Research objects	Numbers	Percentage
Other options	2	1.1%
Very good conditions to do sport	85	45.7%
Very good conditions, but lack of time	42	22.6%
Very good conditions, but difficult to force myself	43	23.1%
Don't have conditions because of economic reasons	4	2.2%
I could do sport, but it's boring to do alone	8	4.3%
No response	2	1.1%

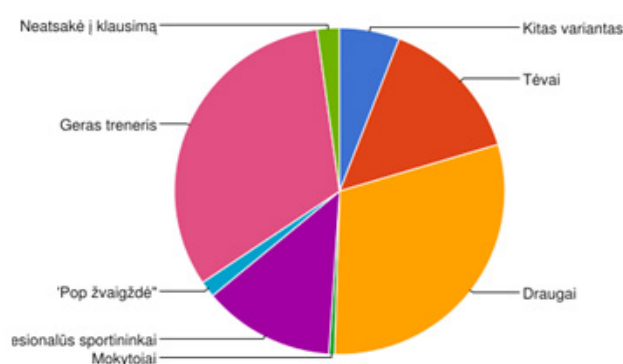
3<sup>rd</sup> Picture

Respondents declare the following most favorite sports like football (24.4 %); basketball (15.6%) volleyball (19%), aerobics (9.7%) and the rest kind of sport gained much less attention (below 7%) like running, weight-lifting, tennis, table tennis, bike sport and athletics. Sports like football and volleyball get bigger attention among the pupils while basketball became less popular in recent years; other kind of sport valued averagely.



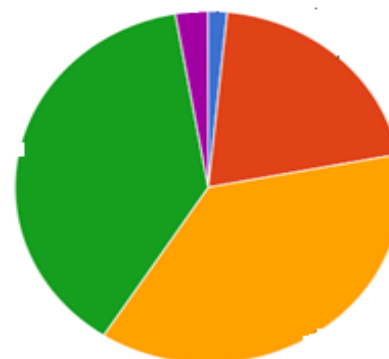
Most of respondents give a feedback on having very good conditions to do sport (45.7%) however significant part of respondents regrets for not doing sport because of lack of time (22.6%) or because of difficult to force themselves to do sport deliberately (23.1%). Other motives connected to economic, loneliness, boringness, but they are not really significant in the research.

## Who can motivate to do sport?



Research objects	Numbers	Percentage
Other options	11	5.9%
Parents	27	14.5%
Friends	56	30.1%
Teachers	1	0.5%
Professional sportsman	24	12.9%
Pop star	3	1.6%
Good trainer	60	32.3%
No response	4	2.2%

## Have you ever participated in European week of sport ?



Research objects	Numbers	Percentage
Other option	3	1.6%
Yes	38	20.4%
I haven't heard about it	69	37.1%
I haven't participated, but heard about it	71	38.2%
No response	5	2.7%

### 4<sup>th</sup> Picture

The most important motives to do sport are good trainer (32.3%), friends (30.1%), parents (14.5%), professional sportsman (12.9%). Worth to notify, that of the other factors (Pop star) and among them teachers were declared as having the least impact on motivation to do sport (0.5%) what give alarms and concerns about necessity of integration of sports activities within general subjects of school.

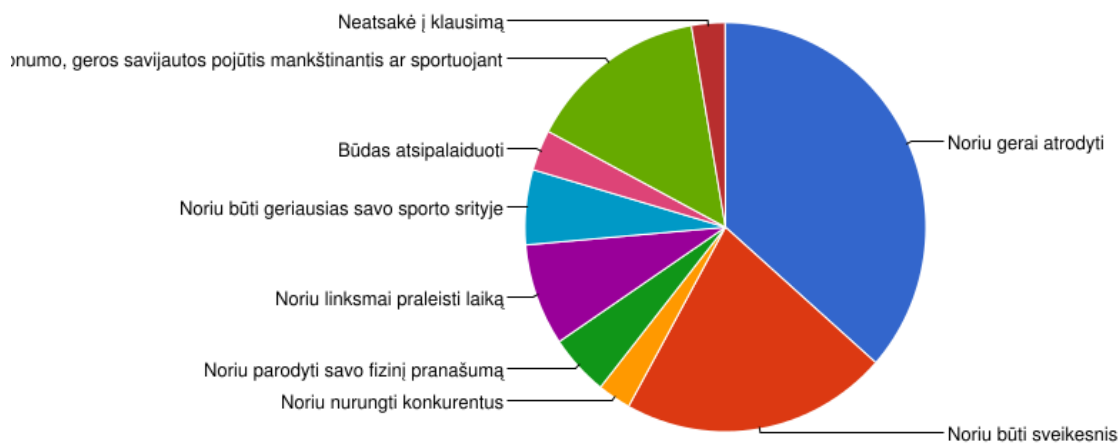




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There are concerns about popularity of European week of sport events as well – nearly half of respondents haven't heard (37.1%) or/and participated (38.2%) in it. 1/5<sup>th</sup> of students participated in the event of European week of sport (20.4 %). Data gives concerns on possible marketing problems of those sport events especially marketing issues about famous sports events at school level.

## What motives drives you to do sport?



Research objects	Numbers	Percentage
I want to look good	68	36.4%
I want to be healthy	40	21.4%
I want to compete	5	2.7%
Physical advantage	10	5.3%
I want to have fun	15	8.0%
I want to be the best in my field	11	5.9%
The way to relax	6	3.2%
Self-satisfaction and good mood	27	14.4%
No response	5	2.7%

5<sup>th</sup> Picture

The most important and the key questions give clear and significant responses summarizing the most important aspect of the research — finding out the most important factors of doing sport among the students.



The most significant factor of doing sport connected to body aesthetics is sport is being practiced because pupils “want to look good” (68 respondents; 36.4%); 40 respondents declares that doing sport strongly determined by health benefits (21.4%); Self-satisfaction and good mood is mention by 27 respondents as well as important factor (14.4%). Other factors less significant like having fun (8%), competing (2.7%), way to relax (3.2%), perfection in the field (5.9%), physical advantage (5.3%).

Benefits of doing sport attributed to aesthetical qualities, the is the most important for nowadays teenagers to look good and to be noticed by colleagues. That’s why emphasizing of aesthetical qualities of sport can attract more attention of pupils comparing to other benefit that are acquired parallel. The research that sport as a healthy way of life is not integrated within curricular of schools, because teachers not motivating them to do sport and sport activities mostly associated with extracurricular or outside school activities and leisure time.

## THE MOST SIGNIFICANT CORRELATIONS DELIVERED IN THE TABLE No.1

Table No. 1.

		Correlations							
		SEX	Favorite kind of sport?	AGE	City/Region	How many hours practiced per week?	Evaluation of opportunities to practice sport?	Who can motivate you to do sport?	Have you participated in European sport event?
The most important factors?	Pearson Correlation	,002	-,004	,026	-,008	,086	-,109	-,082	,021
	Sig. (2-tailed)	<b>,975</b>	<b>,956</b>	<b>,729</b>	<b>,913</b>	,245	,138	,265	<b>,777</b>
	N	186	186	186	186	186	186	186	186
**. Correlation is significant at the 0.01 level (2-tailed).									
*. Correlation is significant at the 0.05 level (2-tailed).									

The most important factors correlate with the following variables like SX (p=**,975**), CHOICE OF FAVORITE SPORT (p=**,956**), AGE (p=**,729**), CITY/REGION (**,913**), responses about PARTICIPATION IN EUROPEAN SPORTS EVENTS (p=**,777**). Those results reveal that those factors are significantly important for the respondents of the same sex, one who indicated the kind of sport, belongs to the same group of age, respondents from particular location, and the respondents who have he same rates of participation in European sports events.





# 3

## Good practices – How to be active everyday in school

### 3.1. Barefoot running

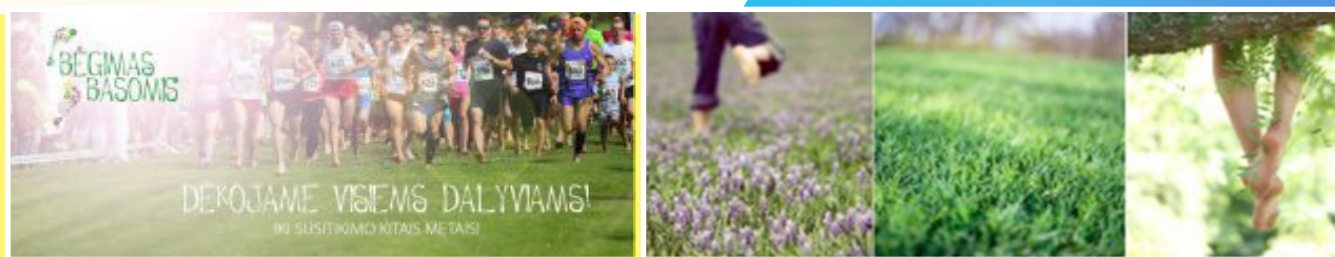
The association “Sports events” organized sport’s event “Running barefoot” on 2016 August 7 in the European Centre of Golf Club. Running was organized as one of the events for the European week of sports events to be highlighted.

**The main objectives of this sports festival:**

- ★ To promote running in Lithuania.
- ★ To enhance mass events in Vilnius region, increasing the district’s sports activities.
- ★ To promote sport as a way of healthy lifestyle.
- ★ Clarify the strongest athletes in various age groups.

Lithuania does not have deep traditions in running barefoot, which took place in the Centre of the golf club. For the first time to test the softness of the grass attracted more than 300 participants. Joyful emotions of runners and their families just confirmed the need for such competitions.

Although you can hear the different opinions about the benefits of running barefoot and related risks to experiencing different injuries, still the organizers do not offer running barefoot constantly. But taking part in this unique event and experiencing of wonderful feeling of freedom running barefoot through the soft meadow — was really worth it!



The main methodological recommendations for the organization running barefoot sport event:

1. The outdoor temperature should be at least + 14°C;
2. Running of barefoot can be held only on clean and dry grass, planted with the soft grass;
3. It's recommended for participants to be divided according to age groups and choose length of paths according peculiarities of age and their capabilities; For elder schoolchildren running of barefoot participants were offered distance: 2-8 km. distance. While for younger participants' length of the path should not exceed — 200—500 m.
4. Prior to the organization of the event organizers must carefully check all the routes if they are clean; checking of density of soft grass and ensuring it's clear, without unwanted barriers (by falling trees, weeds in dense populations, a hard ground surface, contaminated or potentially dangerous area, etc., etc.);
5. The most active competitors must be rewarded by giving them prizes as a memory of the event.

Source: <http://www.begam.lt/>

## 3.2. Winter sport's holiday – hike

On January 27, 2017 “Spindulys” progymnasium was occupied by lot of students in the early morning. All school corridors were full of students determined for winter entertainments. One was carrying wood while others plastic sled, snow tricycles, slides, ice skating, snowboarding, – all were interested eagerly for the surprises awaited.

In the morning during the educational lessons students were acquainted with winter sports, entertainment equipments and exercises and consequently received the tasks to be performed outdoors. During the briefing students were instructed for safety requirements playing outside. Pupils together with teachers were planning and preparing for the special Winter sports festival — hiking.

The celebration began at 10 o'clock in the high school's lobby. Teachers welcomed everyone in the audience and wished primary school pupils' success in competitions while for elder ones — success for participation in the hike.

5 — 8 grade students together with teachers and subject teachers went to “Lazdynai” natural exposure to observe unique natural heritage of Vilnius region, while pre-school's students of 1 — 4 grade went to school stadium, where teachers organized for them a lot of interesting, meaningful educational activities. Pre-school students together with teachers were observing birds and playing with snow balls. At the same time the first grade school teacher together with students organized a sleigh pulling match “I'm faster” in the middle of the stadium.





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The second grade teacher together with students were observing of nature, studied footprints of animals in the snow among the pines and birches and were feeding birds — as an exercise in the fresh air. After doing a number of tasks everybody was involved into the mountain race “Let’s go with the breeze.”

The third grade students together with teachers exercised sports’ workout between the trees — “I’m healthy and strong” and participated in the sleigh race on stadium running track. Fourth grade students organized exercise of tow throwing at targets — “Who’s the most accurate?”. Head of class helped to figure out who was the most accurate.

5 — 8 grade students traveled to “Lazdynai” exposure and enjoyed the nature: were watching birds and sliding down the frozen “Karoliniskes” hill “with the breeze”. Afterwards, all together were drinking teas happily.

After circling the area of “Karoliniskes” district and stepping into its every place, and getting familiar with all the paths and tracks of Karoliniškės fabulous park, participants only at 12 o’clock started heading back to the school. The sport’s event was attended by more than two hundred students.

### Student’s thoughts about the celebration:

- ★ Student Algirdas Surplys from Class 2B claims, that he mostly liked to feed birds, do sport’s exercises and race down the hill with his friends.
- ★ 2B class student Daniela Janeliauskaite liked feeding birds mostly.
- ★ All classes participated in wintry photo shoot, by which the beautiful moments will be memorized.



## 3.3. Theoretical-practical conference “Physical Education of Teachers Today and Tomorrow: between reality and expectations”

### Internet access:

1. <http://www.lkkma.lt/17-naujienos/133-lkkma-konferencija-panevezyje>
2. <https://sportas.viko.lt/2016/12/08/kksc-treneriai-dalyvavo-teorineje-praktineje-konferencijoje-kuno-kulturos-mokytojas-siandien-ir-rytoj-tarp-realybes-ir-lukesciu>

The educational event was designed to introduce teachers to non-traditional and widely used methods and techniques of physical education in general education classes.

**DATE AND TIME:** 2016. 2 December; 10 hrs.

**DURATION:** 8 hours.

**EVENT LOCATION:** Panevezys Juozas Balčikonio gymnasium;

**EVENT PARTICIPANTS:** 200 teachers of physical education from the Lithuanian general education schools, centres, colleges and health clubs, 50 students, 10 students. Guests of “tvDepartment of Physical Education and Sports under the Government of the Republic of Lithuania” and representatives from Lithuanian National Olympic Committee.

**OBJECTIVES:** to identify the best practices and various forms of physical activity in order to diversify methods students' physical education in general education schools.

Discussions on a variety of exercises, games and its feasibility in physical education classes have been initiated in order to motivate students to be more physically active.

Theoretical-practical conference was dedicated to deepen professional and general competences of teachers of physical education, sharing of best work practices and delivering of variety forms of sport exercise trying out non-traditional and not widely applicable physical activities and methods and techniques, that currently under debate for their feasibility in physical education classes for motivation students to be more active physically.

There were introduced 6 theoretical reports and held up to 12 workshops for teachers. Contemporary physical education forms and strategies for promoting of healthy and safe lifestyle in students' physical education lessons were revealed and demonstrated by facilitators of the conference. Topics of communication and cooperation in general education schools were presented as well at the conference.





### This event promoted the following sport methodological approaches:

1. The standard methods of physical education (gym wall, rope ladder, cross push-ups, pull carry);
2. "Functional exercise technique" (During the training major physical properties of body are being trained in schools. Special clusters of physical activities are effective because it reinforces health and functional benefits by training of more complex groups of muscles and at the same time is efficient way to fostering of muscles of deep layers, what is necessary for nowadays students to exercise independently;
3. "Non-traditional gym's benches utilization in physical education lesson" (Ensuring of self-protection by using gym's benches in non-traditional way exercising of teamwork, communication, collaboration, agility, strength, balance, coordination);
4. Volleyball (organizing of unconventional form of Volleyball combining the two kind of sport's games: football and volleyball with their all complex physical characteristics in physical education lessons);
5. "Exercises with the hula hoop" (traditional forms of using gymnastic hoops for developing balance and coordination enriched with body different movements, orientation in space; for communication and cooperation in pairs);
6. "Small gym — not an obstacle" (Exploitation of existing conditions of small gym and using of equipment available in the gym optimally: benches, balls. Those tasks could be applied to the larger groups of students when the gym is divided into several classes and activities taking place at the same time. Applicable elements of football mixed with the tasks connected to overcoming obstacles: some player's actively-moving forwards, while others actively "protect" net-defenders. Exchanging roles, tasks and facilitating difficulty according age of the pupils.
7. Basics of Volleyball techniques (conventional ways of teaching of volleyball basics for individual learners and in pairs, in teams and all the network together in a variety of forms of exercises, etc.).
8. Implementing of correct breathing exercises during the sports' exercises (Non-traditional forms of exercises, which applied in Pilates classes and during Callanetics exercises with gymnastic elements. The main emphasis is put on implementation of the correct breath of inspiration-exhalation, breath holding, relaxation, correct body position, posture, body balance, developing flexibility and strength techniques).

In order to improve well-being and health indicators of students in schools' participants of the conference took part in various discussions on physical culture techniques and participated in practical workshops actively trying out new methods, that could be performed in a variety of sport exercises, games and activities; discussed the innovative sports activities' applicability in classes of nowadays physical education.





### 3.4. National sport and art event “Adamkiada”

**DESCRIPTION OF THE EVENT:** The target group for the event were gathered as continuation of the Lithuanian president's wife Alma Adamkienes Support Fund's initiative to support schools' collaboration and partnerships through sport and the art activities in educating gifted students to be conscious, socially active, cherishing the traditions and National values.

It is also intended remind his excellency President's Valdas Adamkus beloved sports activities when he was in his younger years: running of short and medium distances and relay race, doing long jump ect.

**DATE AND TIME:** 2016. 30 May.

**DURATION OF THE EVENT:** 4 — 5 hours.

**EVENT LOCATION:** Alytus district. Butrimonys gymnasium

**EVENT'S PARTICIPANTS:** students from 9 grade of gymnasium classes born in 2000. Also younger students to gather with accompanying teachers and managers (515 participants totally).

The idea of organizing of the event was initiated by the Board of directors of Butrimonys gymnasium. In 2014 spring Alma Adamkiene foundation officially completed its work and consequently Butrimonys gymnasium was entrusted to maintain the continuity of the Fund's performance by installing the museum. Gymnasium embraced and continued Foundation's activities by promoting of cooperation with President Valdas Adamkus, who was the guest of gymnasium. The gymnasium has prepared “Adamkiada” project and presented to the charity and support foundation and funding was approved. Funded project delivered by Butrimonys gymnasium and the foundation “Grow the future” has become a major festival's supporter, organizer and promoter. The event was also sponsored by the Lithuanian National Olympic Committee and Alytus district municipality.





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There is emphasized the historical significance in the logo of the event: that shows the former athlete — President Valdas Adamkus silhouette of him younger years. He brings the symbolic tricolour fire. Adamkus used to be an active participant in sporting events as a participant and organizer. In 1948 when Lithuania was enslaved nation, he won two gold and two silver medals at the Olympic track and field events. In 1951, Adamkus established Lithuanian American academic sports club in Lithuania. He was a part of Organizing Committee in the Lithuanian World Games that was held in 1983. The word “Adamkiada” symbolizes “Alma Adamkiene Foundation” first letter of logo. It reminds everyone of 15 years of active contributions to developing of school communication and collaboration promoting sport activities of youth.

Healthy life competences of students were improved in this event. Healthy living lifestyle promotion and deep involvement among students was enriched by presidential inspiring example to be active in social and physical life.

Within this event there was promoted students’ artistic and cultural awareness’ competencies, citizenship, open and creative approach to the preservation of environment and nature. Olympic movement, dissemination of healthy life ideas has encouraged educational institutions in continued cooperation.



Why is this event can be used as a model to improve the well-being and health indicators of the school? Lithuanian students’ sports and art festival “Adamkiada” aimed to educate students as free, confident, ambitious personalities to live honestly and wisely, creating a peaceful society, be creative people, similar to President Valdas Adamkus. “Adamkiada” — is a celebration for all young people who cherish the Olympic values, connecting sport with culture and education, creating a lifestyle based on the joy of efforts to build a good model of educational that empowers social responsibility and respect for universal ethical principles.



**4**

# About European everyday of sport project



## EUROPEAN EVERYDAY of SPORT

[www.eusport.org](http://www.eusport.org)

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

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



## EUROPEAN EVERYDAY of SPORT

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

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

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

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

### Main objectives, we have focused in the project are:

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





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



# EUROPEAN EVERYDAY of SPORT



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



**Bulgaria:**

## Bulgarian sports development association

[www.bulsport.bg](http://www.bulsport.bg)



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

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

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

### Main goals of the organization are:

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





## EUROPEAN EVERYDAY of SPORT

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

### Specific fields, connected to the project:

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

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

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



Italy

## Mine Vaganti NGO

[www.minevaganti.org/](http://www.minevaganti.org/)



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

### General objectives:

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



## EUROPEAN EVERYDAY of SPORT

### Activities:

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

### Mine Vaganti NGO has successfully implemented numerous projects related to:

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

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





Croatia

## RIJEKA'S SPORTS ASSOCIATION

[www.rss.hr](http://www.rss.hr)



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

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

### PROGRAMME FIELDS

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



## EUROPEAN EVERYDAY of SPORT

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

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

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

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

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



Hungary

## Reményt a Gyermeknek Közhasznú Egyesület / Hope for Children Hungary

[www.remenytagyermekeknek.hu/](http://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.lsfs.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/](http://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/](http://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	<a href="http://ec.europa.eu">http://ec.europa.eu</a>
European week of sport official web page	<a href="http://ec.europa.eu/sport/week">http://ec.europa.eu/sport/week</a>
Lithuanian Sport Olympic Committee	<a href="http://www.ltok.lt/">http://www.ltok.lt/</a>
Department of Physical Education and Sports	<a href="http://www.kksd.lt/index.php?430025088">http://www.kksd.lt/index.php?430025088</a>
Sport activities in Vilnius	<a href="http://renginiai.kasvyksta.lt/vilnius/sportas">http://renginiai.kasvyksta.lt/vilnius/sportas</a>
Healthy meal and physical education in schools	<a href="http://www.ssus.lt">www.ssus.lt</a>



## EUROPEAN EVERYDAY of SPORT

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

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

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