

#SPORTIN

# #SPORTIN

TOOLKIT FOR SPORT WORKERS

2020 - 2021

## IMPRINT

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## 1 INTRODUCTION

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It is always hard to start, but here we are, ready and willing to start. Motivated to continue changing the world, not whole of it, but adding a little piece of positivity every day. Because small steps matter and with each of them sport activation is a pinch closer.

Why are you reading this? We presume that you are a sport worker, trainer or enthusiastic sport person. Maybe you found the name of publication attractive and decided to go through it. Page by page or just checking some chapter. Anyhow and any who, we are glad to have your attention. Because small steps matter and with each of them sport activation is a pinch closer.

In front of you is a tool to sport activation. You can use it whenever you need it, you can share it with others, and you can improve it with your experience. Because small steps matter and with each of them sport activation is a pinch closer.

Take advantage of what we prepared and is now offered to you. You will find it in our thoughts, our feelings, and our experience. It is only a starting point. Because small steps matter and with each of them sport activation is a pinch closer.

The aim of this publication and project #SPORTIN is making you appreciate each moment you are spending doing physical activities, individual or team sports, training in the gym, discovering new sports, making new playmates and friends.. Because small steps matter and with each of them sport activation is a pinch closer.



## 2 SPORT ACTIVATION

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Sport activities, by their specific, are a powerful tool for social integration and inclusion. Sport generates individual development (physically, cognitively and emotional) and social transformation by removing cultural or ethnic barriers. In sport it is easier to interact with the others and there are no differences between individuals. Everyone follows the same goal at the same time. Everyone has the resources to succeed.

Engagement in physical activity and in all kinds of sports can also improve cognitive and educational performance of children. Research has found that sports is a means for overcoming discrimination, can build social connections and can attract children to out-of-school educational programs, which can achieve substantial improvements in literacy and numeracy. It can also be quite helpful in dealing with children's growing aggression and inclination to follow negative social models. The sports sector can be the messenger for many social values and norms to be taught to the young generation.

### 2.1 MY POINT OF VIEW

**Dan (70)**, deputy director of the National Institute for Sport Research, Romania

Sport activation is going on the field, whether on sunny weather or rain or even snow and kicking the ball with your playmates, is entering the sport hall and supporting your favourite team, is running alone in the park when no one is available for a tour, but probably the most important is taking your kid /kids and playing with him/her/them as your daddy did it with you.

Making your kids to be in love with sport is preparing them for an active life, organizing their spare time, entrusting them with a healthy living style and a better social integration.

We, at the National Institute for Sport Research, throughout our participation in Erasmus+ program for Sport, are promoting and encouraging grassroots sport participation, gender equity, social inclusion, active living, as well as we are fighting violence in sport, racism and discrimination. We consider as an implicit mission to promote the values of sport such as fairness, teambuilding, equality, discipline, inclusion, perseverance and respect. Because SPORT has the power to provide a universal framework for learning values, to contribute to the development of soft skills needed for a responsible citizenship.

**Magdalena (48)**, PE teacher at International Maarif Schools, Romania

Sport activation process begins with the child's desire to be like his inspirational model, whom he sees while watching sports competitions on TV. At this stage, the family encourages, appreciates, and supports him to fulfil his dream. If the child is a little girl, the family takes her to gymnastics or skating or swimming, can take her to basketball, handball or volleyball. If he is a boy, the family will take him to practice a team sport or martial arts, or swimming. Once in the school environment, the child's motivation increases or decreases depending on the involvement and attitude of the physical education and sport teacher, so that the motivational benchmark will be the teacher or some schoolmates. The role of the teacher in this sport

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activation process is a complex one, because the first step is to develop the child's self-confidence by approaching differentiated strategies, so that the child learns that he is appreciated regardless of mistakes or inability to be better than other colleagues. The PE teacher has the ability to develop a harmonious environment among children, in which each of them knows that individual performance is related to his own person and not compared to other children. During school, I don't think we should talk about sport performance, but rather about the joy of exercising. If the teacher manages to show each child that he can, then we can say that we managed to make a child active.

**Laura (38)**, director of Zavod za šport Slovenske Konjice, Slovenia

I see sport as a very important support mechanism for person's well-being. Personally, I have never been involved in sports professionally. However, soon after high school (when the official commitment to participate in sports activities ends), I realized that recreation and sports are what I need to clear my head, to feel better and easier to perform both work and family obligations. Today I can say that fitness and recreation have become a part of my everyday life and take care of my well-being. As the director of the local sports institute, I have the opportunity to observe both recreational and professional athletes. Monitoring and observing brings the perception of sport as a discipline, as an opportunity for an individual to learn to conscientiously set goals. All this, of course, brings only good qualities that come in handy for each of us in life in other areas as well.

**Davorin (60)**, secretary at Konjice basketball club, Slovenia

Sport is part of my life. In past I used basketball as my method of sport activation in recreational way. Today I support them with my time and knowledge.

**Spartaco (49)**, president of MSV Vita, Italy

Sport isn't just good for children's bodies and minds it's good for adult and seniors too. Studies have shown that sport has psychological benefits for them and teaches them important life skills. Therefore I believe that the activation in sport is a useful practice for daily well-being, but it requires active and constant planning.

**Antonio (67)**, sport trainer, Italy

Sport activation is a very important phase for my nephew, during beginning of his basketball training; it allows you to disconnect from the school routine and improve the level of empathy among his teammates. Organized sport has many psychological and social benefits for children - even more than the physical activity during play. Researchers think this is because children benefit from the social side of being in a team, and from the involvement of other children and adults.



## 3 INCLUSION AND SPORT ACTIVATION

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### 3.1 STARTING POINTS

Sport has a strong potential to contribute to smart, sustainable and inclusive growth and new jobs through its positive effects on social inclusion, education and training, and public health. It helps limit the rise in social security and health expenditure by improving the health and productivity of the population and by ensuring a higher quality of life through old age. It contributes to social cohesion by breaking down social barriers, and it improves the employability of the population through its impact on education and training. Voluntary activity in sport can contribute to employability, social inclusion as well as higher civic participation, especially among young people.

Addressed topic of this project and publication is “Encourage social inclusion and equal opportunities in sport”.

EU studies and documents, found relevant:

- White paper on sport (<https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=celex:52007DC0391>; 01. 10. 2020)
- White paper on using the potential of sport for social inclusions, integration and equal opportunities
- Framework Decision on racism and xenophobia ([https://ec.europa.eu/info/sites/info/files/swd\\_countering\\_racism\\_and\\_xenophobia\\_in\\_the\\_eu.pdf](https://ec.europa.eu/info/sites/info/files/swd_countering_racism_and_xenophobia_in_the_eu.pdf), 23. 09. 2020)
- EU Physical Activity Guidelines (<https://eacea.ec.europa.eu/sites/eacea-site/files/eu-physical-activity-guidelines-2008.pdf>, 10. 08. 2020)
- Report Sport and Physical Activity ([https://ec.europa.eu/sport/news/2018/new-eurobarometer-sport-and-physical-activity\\_en](https://ec.europa.eu/sport/news/2018/new-eurobarometer-sport-and-physical-activity_en), 14. 04. 2020)
- Council Conclusions on the role of sport as a source of and a driver for active social inclusion (<https://op.europa.eu/en/publication-detail/-/publication/01e82ef8-0d64-42e6-93c0-397e193d1219/language-en>, 13. 10. 2020)

#### 3.1.1 Sport clubs and schools working together

Schools and clubs must work together to bridge the gap between school experiences and community club programs. Working together ensures kids have access to high quality sport programs and facilities. As well as providing expertise in a particular activity, clubs provide a framework for young people to continue participating in sport beyond their school years.

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## How can sport clubs enhance school programs?

- Clubs can be of great assistance to teachers in providing resources and information on particular activities and issues, including:
- Providing coaching as part of a come-and-try program at the school.
- Providing advice on how to modify activities for different ages and abilities. Certain sport clubs could provide assistance in working with physically challenged kids.
- Providing practical demonstrations to advise teachers about how to conduct social integration through sport activities.
- Providing assistance to organize sport and social events and training programs.
- Sharing the use of sport facilities.
- Talking to students about neighbouring sporting opportunities.

## What can schools do?

Schools play an important role in giving students the basic skills and confidence needed to explore community-based sport and recreation options. They can also play an active role in encouraging students to join sport and physical activities

- Discuss with clubs, internally or with parents about how schools and community sporting clubs can work together to improve sporting opportunities for young people in the area.
- Encourage community sporting organizations to use school facilities so that facilities are used efficiently and students can participate in a familiar environment.
- Consider engaging an athlete to speak at school presentations, ensuring their message and delivery is appropriate to the audience, aligned with school values and promoting sport values for all.
- In many locations there are insufficient sports grounds and facilities to meet the demand of sporting clubs. However, many schools have extensive grounds and buildings ideally suited for community-based sport, which are often under-utilised outside of school hours. Community-based sport programs can increase the usage of school facilities outside of school hours.
- Offer opportunities to encourage community involvement and increase participation at sport clubs through events and initiatives involving school kids and families, thus creating a social inclusion frame for disadvantaged groups.

### 3.1.2 Public administration and sport activation

The public authorities (local and central) play an important role in fostering the cooperation between schools and sport community-based organizations, as they represent the interest of local people and their main interest is to serve the local community in such a way that they get re-elected.



Key features of subject-object area of public administration in the field of sports include the autonomy of sports, competitiveness in sports, the diversity of the parties in sports, the diversity of subjects of sports administration, the trend in the development of public relations in the sphere of sports, as well as combating of any form of violence in sports.

### 3.1.3 Non-Governmental Organizations and sport activation

The other sector of intermediate organization that we decided to include in this part of the training are the representatives of the civil society, namely NGO's.

Civil society refers to the arena in which people come together to take collective action around shared interests. Civil society includes networks, non-profit organisations and other registered communities. The Governments' policy for civil society provides opportunities to create organisations, receive state aid and encourage people to become involved and conduct activities. **Sports policy** forms a specific part of the policy for civil society.

According to the recent report entitled "Shared Goals through Sport", the main shared goals between the private sector and NGOs in sport and development are:

- Contributing to peaceful, well-governed and secure societies, and stable operating environments.
- Encouraging healthy, active populations and reducing rates of disease.
- Strengthening local communities.
- Sharing values that underpin economically and socially successful societies.
- **Empowering marginalised groups and reducing inequality.**

## 3.2 NEEDS OF VULNERABLE PEOPLE PARTICIPATING IN SPORT-BASED PROGRAMS

### 3.2.1.1 *Barriers in participating*

Many studies have stated that identifying the needs of vulnerable people is necessary prior to developing an intervention, such as a sports-based program. In this way, interventions can be targeted for the specific group it is designed for and be more effective.

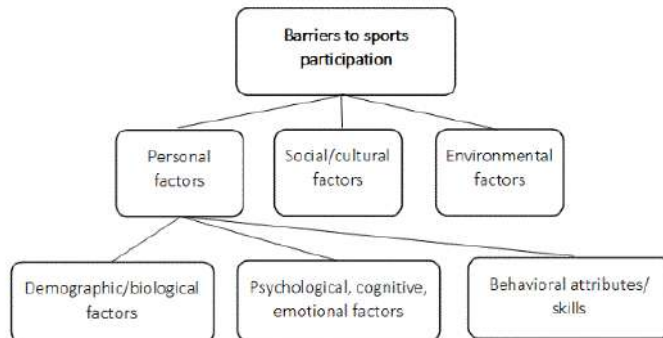
Research on people with physical disabilities showed that health and the disability itself were **personal barriers** for physical activity, whereas lack of facilities, high costs, and lack of information, transport, and difficulties with accessibility were mentioned as **environmental barriers**.

**Social barriers** included unfriendly environments, negative attitudes and behaviour of persons without disabilities (including professionals), and lack of support from friends and family.

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Barriers to physical activity for people with a **low-income** include illness or disability, lack of money, lack of recreational facilities, lack of transport, low awareness.



### 3.2.2 Tackling barriers for sport participation

Factors that are important in promoting physical activity among different vulnerable populations:

- good communication via multiple platforms, financial reimbursement, and

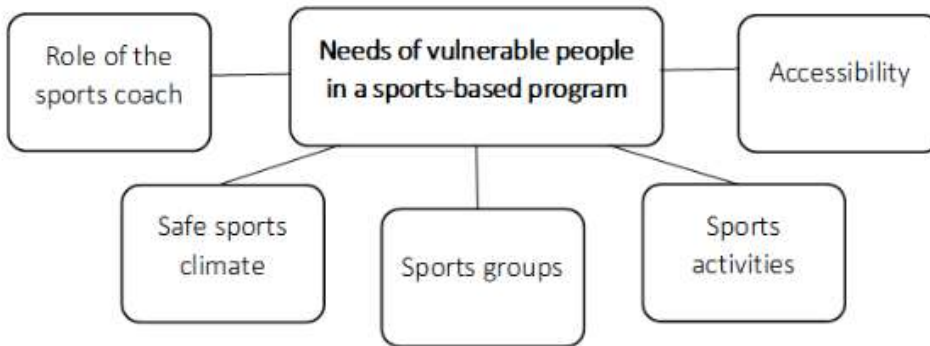
Convenience strategies (e.g. transportation and flexible scheduling) are important for ethnic minority groups, low-income populations, and people with disabilities;

- regarding people with learning disabilities, good communication, including information about the benefits of physical activity, could facilitate engagement in physical activity;
- providing a safe and supportive environment to the participants is very important for socially vulnerable youth
- a positive, supportive coach also plays an important role in ethnic minority groups with disabilities, suggesting that coaches can increase awareness on where and how to exercise and provide individually tailored suggestions
- sports sessions should focus on low-level activities (in terms of skills and fitness),

Fun and joy. The focus on joy is important since a competitive element in sport often leads to different forms of exclusion

- Fun and enjoyment are essentials as key facilitators for physical activity engagement in youth with intellectual disabilities.





### 3.2.3 Main needs of organisations promoting inclusion of vulnerable groups

#### **Capacity building & support from public and private sector**

Working together with the public sector and sport federations so that projects can be sustainable. Raise funds from the state and sport federations, but also from private companies (CSR).

#### **Space and sport facilities and schools**

Free access to sport facilities for organizations working with vulnerable groups.

#### **Fighting discrimination in schools & understanding exclusion**

Vulnerable groups are confronted with various forms of discrimination (racism, exclusion,) in schools, either by teachers or other students. Respect and an understanding of the cultural background(s) of vulnerable groups are needed.

#### **Education programmes and information about sport offers**

Vulnerable groups need to get access to information and be actively informed about sport offers. Teachers and coaches often have a lack of knowledge and skills how to work with vulnerable groups.

#### **Independence from the commitment of individuals**

Even if persons with high motivation for the topic drops out, continuation must be guaranteed through a coherent organization.

#### **Cooperation**

Several stakeholders are needed to cooperate in working with vulnerable groups (sport clubs, schools, public sector, NGOs...)

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## 4 IMPORTANCE OF SPORT IN LIFE

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### 4.1 MY STORY

**Narcisa Lecusanu**, former Romanian handball player, now Member of the Board of the International Handball Federation, Romania

*No day without sport and physical exercise!*

My story in sport started when I was 10 years old. Until then, I had the childhood of an ordinary Romanian child, playing behind the apartment block games such as "Ducks and Hunters", playing football or foot tennis with other kids. As a pupil, the class of physical education and sports was very important for me. There I got in love with sports and got the pleasure of playing the ball. I was in the 4th grade when I saw a handball training in the yard of my General School no. 1 in Bacau. It was like magic, I felt in love with handball on the spot. I wanted to become a performance player and that's how I got to the Sport Club where I met the late Professor Eugen Cucu, the man who, with a lot of patience and passion, managed my performance during those young years and cultivate in me the taste of winning shiny medals. So, I started a series of outdoor training camps and matches. Then came a long handball career: I played for the Romanian national team, but I also played for top teams in Macedonia, Denmark, Germany, I played in the Champions League, Champions Trophy, World Championship, and Winners' Cup. A lot of matches, a lot of friends, happiness and deceptions, all together.

For me, sport is my way of life. It gives me a feeling of well-being and relax. Sport made me meet people from all over the world, helped me understand other cultures. Sport breaks down barriers and I mean here that it brings people together, regardless of their social status and education.

The skills I acquired during my handball career are now transferred both in everyday life and in business. I do morning exercises every day, it helps me get my body working. Weekly, with my two children and my husband, we ride bikes in parks, in the mountains and spend a lot of time outdoors. Nature charges me with all its benefits, starting from oxygen and ending with the pastels of colours that delight my soul and eyes. For me it is clear, sport is overcoming limits, fair-play and teamwork, and still remained part of me being active and healthy. "Healthy mind in a healthy body." We have to take care of our soul, body and mind and sport is a path available to everyone.



## 4.2 STARTING POINTS

Information from Eurobarometer in 2018 says that half of Europeans exercise or play sport, but many never do according to the latest Commission's Eurobarometer survey on sport and physical activity. The Euro barometer also show that most physical activity takes place in informal settings, such as parks and outdoors (40%) or at home (32%) or during the journey between home and work, school or shops. Still, 15% of Europeans do not walk for 10 minutes at a time at all in a weekly period, and 12% sit for more than 8.5 hours per day.

These figures emphasize the crucial role that other actors can play: employers, for example, can help addressing sedentary behaviours at the workplace, and cities and local authorities can also play a part in helping citizens be more physically active in their daily lives.

The main motivations for participation in sport or physical activity are improved health (54%) and fitness (47%). Lack of time (40%) is the principal barrier.

### 4.2.1 NATIONAL REALITIES

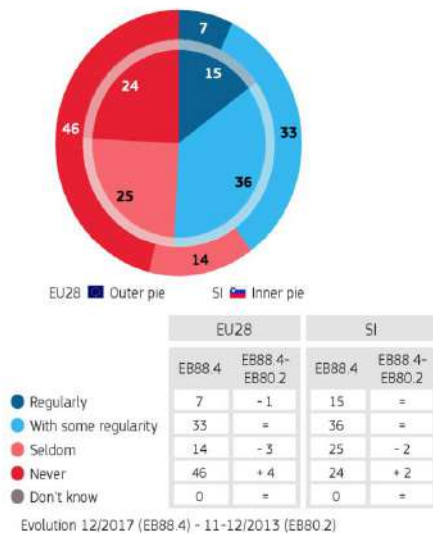
Analyses and comparison are based on Eurobarometer 2017 report done by European Commission.



## 4.2.1.1 Frequency of exercise or playing sport

Comparatively speaking, most people exercise regularly or with some irregularity in Slovenia and United Kingdom, least people exercise regularly in Romania. Most people exercise seldom in Slovenia, the least exercise seldom in Italy. The number of respondents who never exercise is the highest in Romania and the lowest in Slovenia. The study covered more women than men aged between 15 and 55+. Women who answered the question were mostly aged 55+ and men were aged 55+. The house persons mostly responded the question, except in Romania where mainly unemployed answered.

QB1 How often do you exercise or play sport? (%)

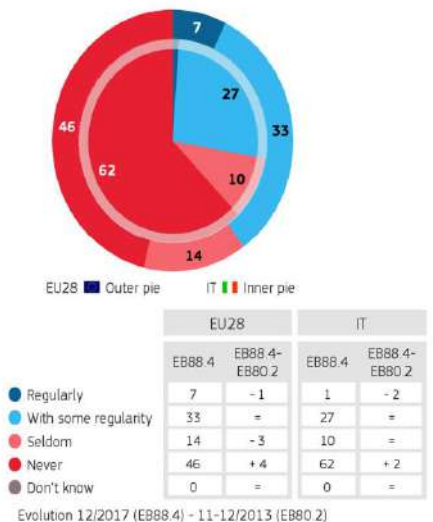


QB1 How often do you exercise or play sport? (%)

Never or seldom	EU28	SI
	TOTAL	60
<b>Gender</b>		
Men	56	47
Women	64	51
<b>Gender * Age</b>		
Men 15-24	29	27
Men 25-39	49	42
Men 40-54	59	50
Men 55+	70	55
Women 15-24	47	34
Women 25-39	59	47
Women 40-54	64	54
Women 55+	72	54
<b>Respondent occupation scale</b>		
Self-employed	54	39
Managers	46	36
Other white collars	56	47
Manual workers	65	59
House persons	77	84
Unemployed	63	59
Retired	72	55
Students	27	22

Socio-demographic breakdown

QB1 How often do you exercise or play sport? (%)



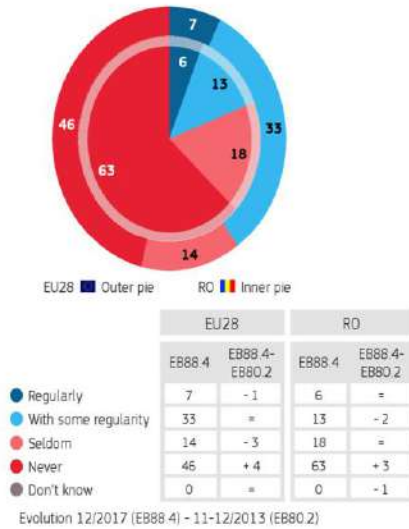
QB1 How often do you exercise or play sport? (%)

Never or seldom	EU28	IT
	TOTAL	60
<b>Gender</b>		
Men	56	64
Women	64	79
<b>Gender * Age</b>		
Men 15-24	29	22
Men 25-39	49	48
Men 40-54	59	62
Men 55+	70	88
Women 15-24	47	45
Women 25-39	59	57
Women 40-54	64	78
Women 55+	72	95
<b>Respondent occupation scale</b>		
Self-employed	54	62
Managers	46	65
Other white collars	56	62
Manual workers	65	70
House persons	77	97
Unemployed	63	62
Retired	72	96
Students	27	37

Socio-demographic breakdown

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QB1 How often do you exercise or play sport? (%)

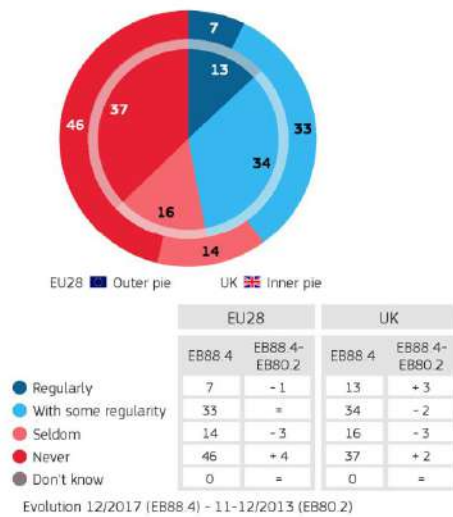


QB1 How often do you exercise or play sport? (%)

	EU28	RO
Never or seldom		
TOTAL	60	81
<b>Gender</b>		
Men	56	77
Women	64	84
<b>Gender * Age</b>		
Men 15-24	29	35
Men 25-39	49	75
Men 40-54	59	88
Men 55+	70	89
Women 15-24	47	60
Women 25-39	59	77
Women 40-54	64	92
Women 55+	72	90
<b>Respondent occupation scale</b>		
Self-employed	54	84
Managers	46	60
Other white collars	56	82
Manual workers	65	88
House persons	77	82
Unemployed	63	94
Retired	72	90
Students	27	35

Socio-demographic breakdown

QB1 How often do you exercise or play sport? (%)



QB1 How often do you exercise or play sport? (%)

	EU28	UK
Never or seldom		
TOTAL	60	53
<b>Gender</b>		
Men	56	49
Women	64	58
<b>Gender * Age</b>		
Men 15-24	29	25
Men 25-39	49	46
Men 40-54	59	51
Men 55+	70	60
Women 15-24	47	49
Women 25-39	59	51
Women 40-54	64	63
Women 55+	72	63
<b>Respondent occupation scale</b>		
Self-employed	54	41
Managers	46	47
Other white collars	56	49
Manual workers	65	58
House persons	77	68
Unemployed	63	58
Retired	72	64
Students	27	26

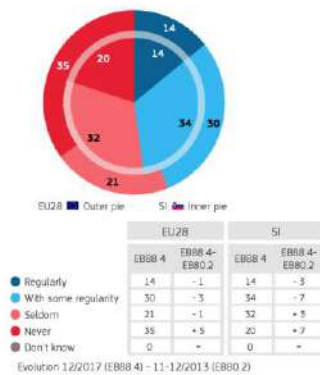
Socio-demographic breakdown

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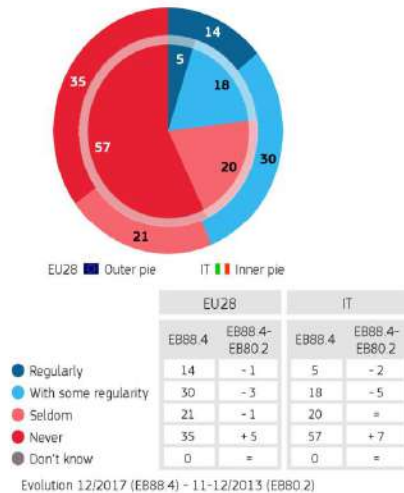
## 4.2.1.2 Frequency of engaging in physical activity outside sport

The numbers of people engaged in outdoor activities are the highest in Slovenia and United Kingdom where almost the half of people interviewed answered positively. In Italy and Romania the number of people who engage in outdoor activities is about the same and amounts to about a quarter of respondents. Mostly housewives answered the question, with exception of Romania where mostly unemployed answered.

QB2 And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc? (%)



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QB2 And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc? (%)

	EU28	SI
Never or seldom	56	52
<b>TOTAL</b>	56	52
<b>Gender</b>		
Men	53	51
Women	59	52
<b>Gender * Age</b>		
Men 15-24	43	55
Men 25-39	52	59
Men 40-54	55	50
Men 55+	56	45
Women 15-24	53	51
Women 25-39	59	47
Women 40-54	56	54
Women 55+	63	55
<b>Respondent occupation scale</b>		
Self-employed	51	47
Managers	46	39
Other white collars	58	55
Manual workers	57	60
House persons	69	65
Unemployed	59	52
Retired	61	49
Students	44	51

Socio-demographic breakdown

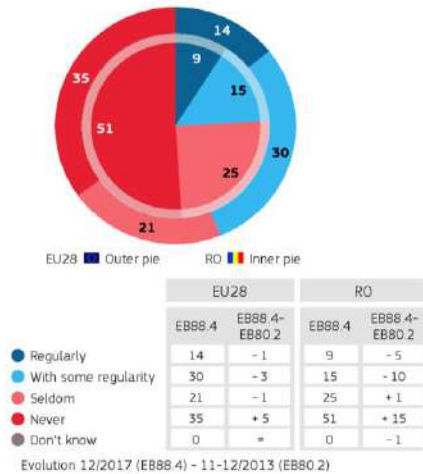
QB2 And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc? (%)

	EU28	IT
Never or seldom	56	77
<b>TOTAL</b>	56	77
<b>Gender</b>		
Men	53	72
Women	59	81
<b>Gender * Age</b>		
Men 15-24	43	56
Men 25-39	52	65
Men 40-54	55	77
Men 55+	56	79
Women 15-24	53	69
Women 25-39	59	72
Women 40-54	56	83
Women 55+	63	86
<b>Respondent occupation scale</b>		
Self-employed	51	70
Managers	46	75
Other white collars	58	76
Manual workers	57	79
House persons	69	93
Unemployed	59	66
Retired	61	83
Students	44	66

Socio-demographic breakdown

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**QB2** And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc? (%)

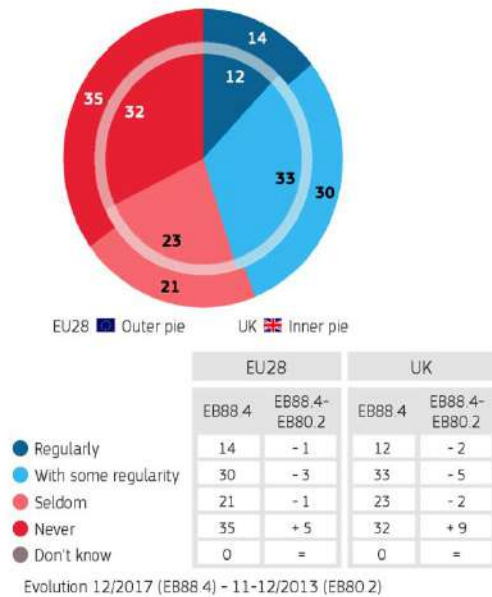


**QB2** And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc? (%)

	EU28	RO
Never or seldom		
TOTAL	56	76
<b>Gender</b>		
Men	53	75
Women	59	77
<b>Gender * Age</b>		
Men 15-24	43	71
Men 25-39	52	78
Men 40-54	55	75
Men 55+	56	74
Women 15-24	53	81
Women 25-39	59	76
Women 40-54	56	80
Women 55+	63	76
<b>Respondent occupation scale</b>		
Self-employed	51	70
Managers	46	77
Other white collars	58	82
Manual workers	57	79
House persons	69	59
Unemployed	59	87
Retired	61	76
Students	44	76

Socio-demographic breakdown

**QB2** And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc? (%)



**QB2** And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc? (%)

	EU28	UK
Never or seldom		
TOTAL	56	55
<b>Gender</b>		
Men	53	51
Women	59	60
<b>Gender * Age</b>		
Men 15-24	43	47
Men 25-39	52	51
Men 40-54	55	52
Men 55+	56	52
Women 15-24	53	57
Women 25-39	59	62
Women 40-54	56	54
Women 55+	63	61
<b>Respondent occupation scale</b>		
Self-employed	51	42
Managers	46	47
Other white collars	58	48
Manual workers	57	57
House persons	69	73
Unemployed	59	70
Retired	61	61
Students	44	48

Socio-demographic breakdown

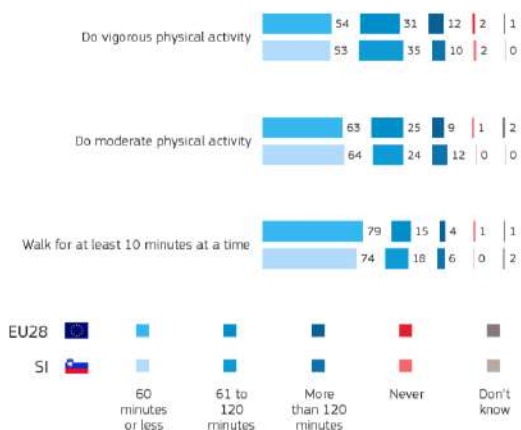
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### 4.2.1.3 Levels of engagement in physical activity and time spent doing physical activity

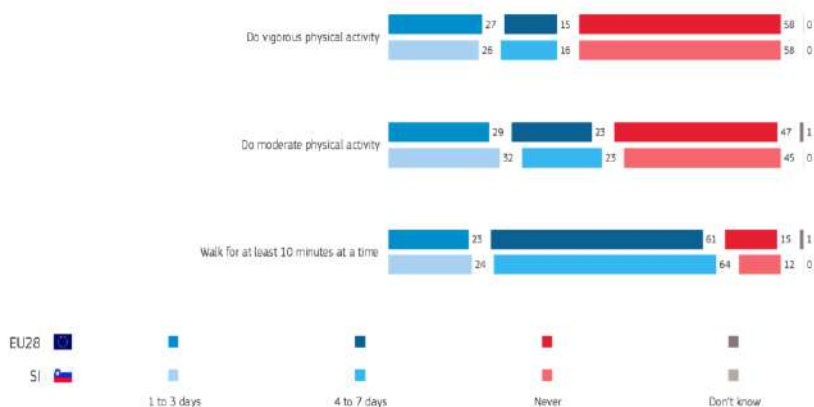
In Slovenia in general more than a half of respondents spend 60 minutes or less on vigorous physical activity, about one third from 61 to 120 minutes and 10 people do it for more than 120 hours. Only 2 people don't do it. More than a half of interviewed people do moderate physical activity for 60 minutes or less per day, one quarter do it for 61 to 120 minutes and one tenth for more than 120 minutes. 74 people walk regularly for at least 10 minutes at a time, 18 people walk from 60 – 120 minutes and 6 people walks for more than 120 minutes. 2 people never walk.

In the last 7 days a half of the respondents did vigorous activity for 1 to 3 days, more than one tenth did it for 4 to 7 days and more than a half didn't do vigorous physical activity. About one third did moderate physical activity for 1 to 3 days, one quarter did it for 4 to 7 days and almost a half didn't do moderate physical activity at all. One quarter of the respondents walked for at least 10 minutes at a time in the last seven days, more than a half did it for 4 to 7 days and one tenth didn't walk at all in the last 7 days.

QB3bQB4bQB5b In general, on days when you ..., how much time do you spend at it? (%)



QB3aQB4aQB5a In the last 7 days, on how many days did you ...? (%)

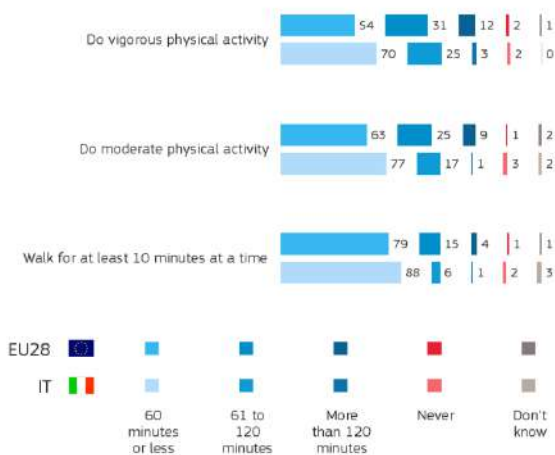


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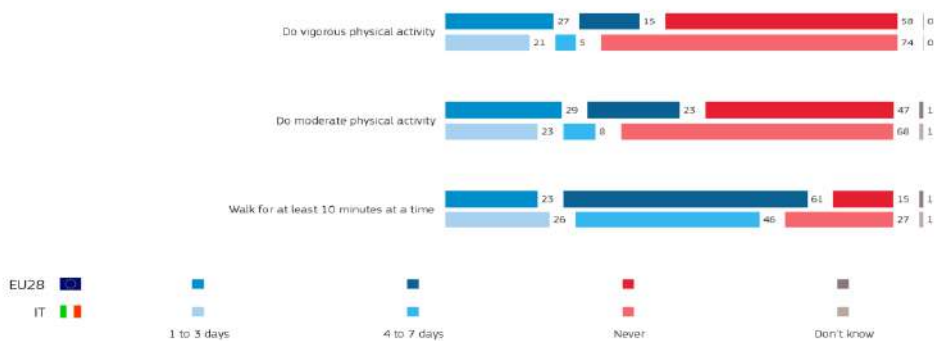
In Italy in general more than a half of respondents do vigorous physical activity for 60 minutes or less, a quarter does it for from 61 to 120 minutes, 3 people do it for more than 120 minutes and 2 don't do it at all. More than a half people do moderate exercise from 61 to 120 minutes, 17 persons do it for more than 120 minutes and 3 don't. 88 people walk for at least 10 minutes at a time for 60 minutes or less, 6 walk for 61 to 120 minute, 1 for more than 120 minutes. 2 never walk .

Less than a quarter of respondents living in Italy did vigorous physical activity in the last 7 days for 1 to 3 days, 5 did it for 4 to 7 days and more than a half did not. A quarter of respondents did moderate physical activity for 1 to 3 days, 8 people did it for 4 to 7 days and more than a quarter didn't do it. A quarter of the respondents walk at least for 1 to 3 days, almost a half do it for 4 to 7 days and a quarter do not do it at all.

**QB3bQB4bQB5b** In general, on days when you ..., how much time do you spend at it? (%)



**QB3aQB4aQB5a** In the last 7 days, on how many days did you ...? (%)

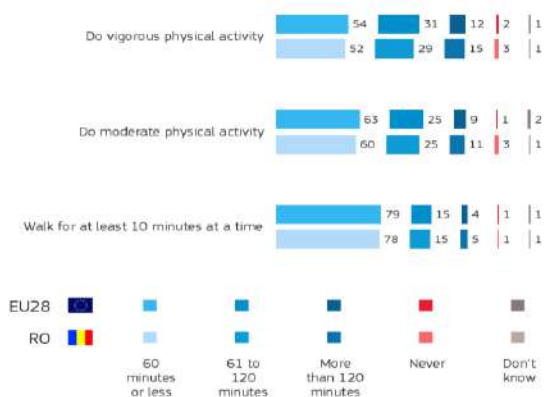


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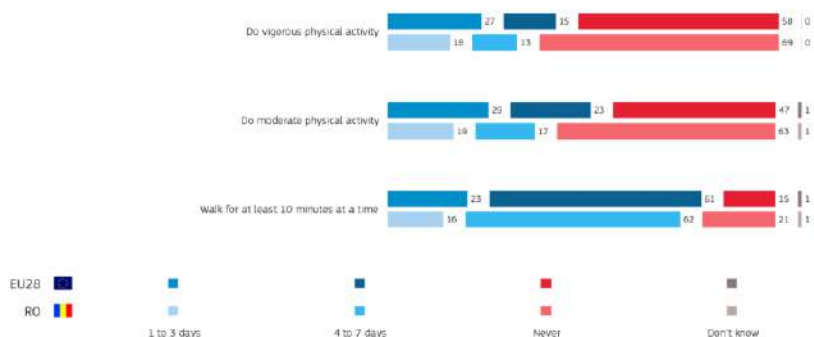
In Romania in general half of respondents do vigorous physical activity for 60 minutes or less, more than a quarter does it for 61 to 120 minutes and 15 people do it for more than 120 minutes. 3 people never do vigorous physical activity. More than a half does moderate physical activity for 60 minutes or less, a quarter do it for 61 to 120 minutes and 11 people do it for more than 120 minutes. 3 people never do moderate physical activity. More than a half walks for at least 10 minutes at a time for 60 minutes or less, 15 people do it for 61 to 120 minutes and 5 do it for 120 minutes. 1 never walks for at least 10 minutes at a time.

In the last 7 days 18 respondents from Romania did vigorous physical activity for 1 to 3 days and 13 people did it for 4 to 7 days. 69 respondents didn't do vigorous physical activity in the last 7 days. Moderate physical activity was done by 19 people for 1 to 3 days and by 17 respondents for 4 to 7 days. 68 people didn't do moderate physical activity in the last 7 days. More than a quarter was at least 10 minutes at a time for 1 to 3 days, almost a half does it for 4 to 7 days and more than a quarter never does it.

**QB3bQB4bQB5b** In general, on days when you ..., how much time do you spend at it? (%)



**QB3aQB4aQB5a** In the last 7 days, on how many days did you...? (%)

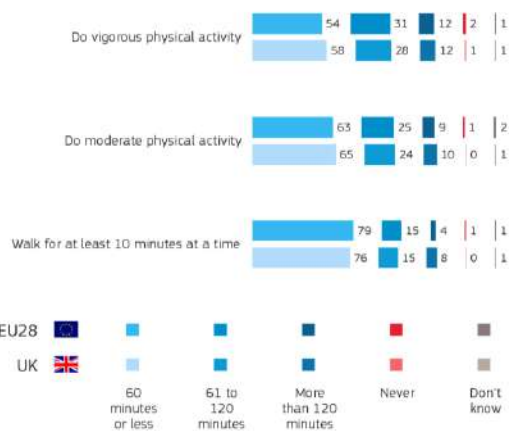


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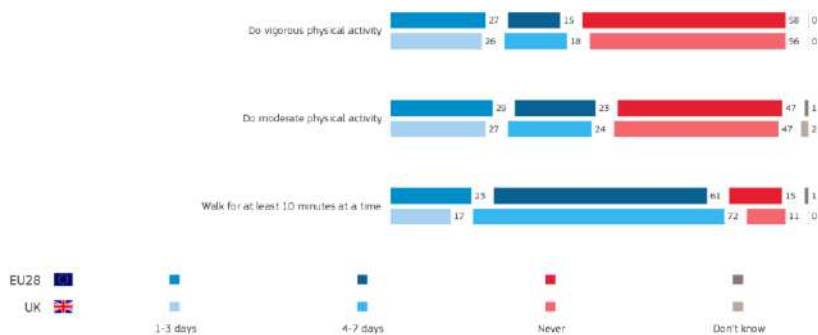
In United Kingdom in general more than a half of respondents do vigorous physical activity for 60 minutes and less, more than a quarter do it for 61 to 120 minutes, 12 do it for more than 120 minutes and 1 never does it. 65 people do moderate exercise for 60 minutes or less, a quarter does it for 61 to 120 minutes. 10 people answered that they do moderate physical activity for more than 120 minutes. 76 people walk for at least 10 minutes at a time for 60 minutes and less, 15 people do it from 61 to 120 minutes and 8 respondents walk for more than 120 minutes.

A quarter did vigorous physical activity in the last 7 days for 1 to 3 hours, 18 people did it for 4 to 7 days and 56 didn't do any. About quarter of participants' do moderate physical activity for 1 to 3 days, another quarter does it for 4 to 7 days and a half doesn't. 17 people walk for at least 10 minutes at a time 72 people walk for 4 to 7 days and 11 do not walk at all.

QB3bQB4bQB5b In general, on days when you ..., how much time do you spend at it? (%)



QB5aQB4aQB5a In the last 7 days, on how many days did you...? (%)

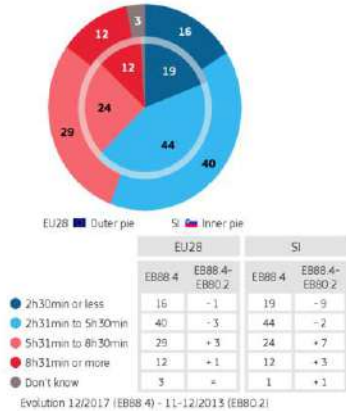


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## 4.2.1.4 Time spent sitting

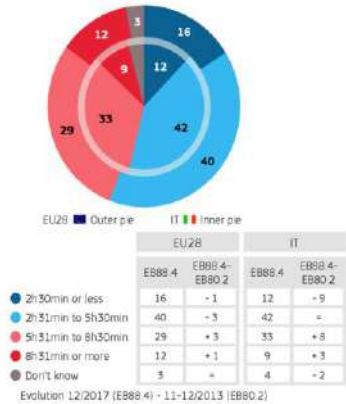
In Slovenia 19 people spend 2h and 30 min sitting or less on a usual day, almost a half sits for 2h 39 min to 5 h 30 min, more than a quarter does it for 5 h 31 min to 8 h 30 min. 12 people sit for 8 h 31 min or more. 1 didn't know the answer.

QB6 How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television. (%)



In Italy 12 respondents said that they spend 2 h 30 minutes or less sitting on a usual day, 42 people stated that their time spent sitting is between 2 h 31 minute and 5 h 30 minutes, 33 people do it 5 h 31 minutes to 8 h 30 min and 9 individuals sit for 8 h 31 min or more. 4 didn't know the answer.

QB6 How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television. (%)

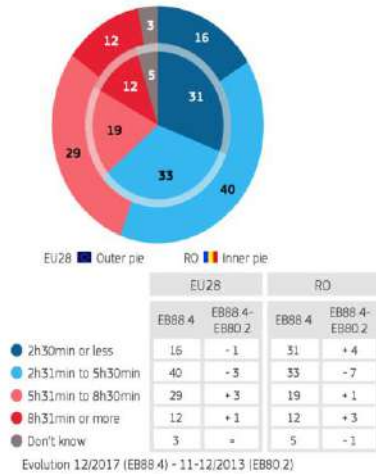


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In Romania 31 persons said that they spend 2 h 30 min or less sitting on a usual day, 33 people reported sitting from 2 h 31 min to 5 h 30 min, 19 stated 5 h 31 min to 8 h 30 min, 12 people sit for 8 h 31 min or more on a usual day and 5 don't know the answer.

QB6 How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.

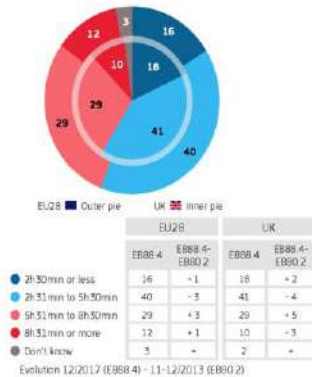
(%)



In United Kingdom 18 respondents said that they spend sitting 2 h 30 min or less on a usual day, 41 people do it for 2 h 31 min to 5 h 30 min, 29 person sit 5 h 31 min to 8 h 30 min and 10 for 8h 31 min or more. 2 people didn't know the answer.

QB6 How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, studying or watching television.

(%)

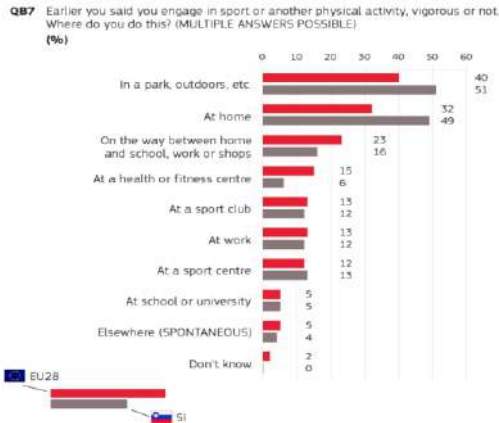


Comparatively speaking, most people spend less time sitting on a usual day in Romania, and less people in Slovenia.

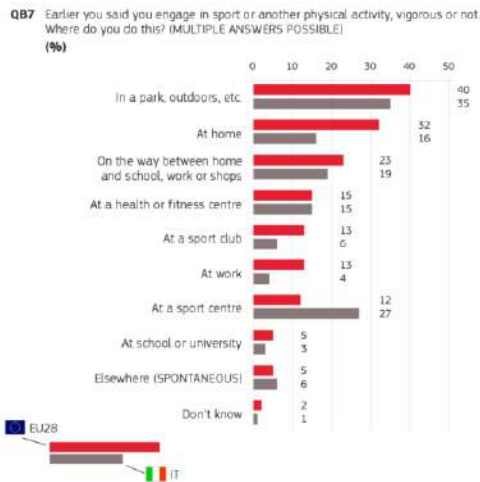
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## 4.2.1.5 Settings where citizens engage in sport or other physical activity

In Slovenia most people do outdoors activities (51 respondents), physical activity at home (49), on the way between home and school, work or shops (16), at a sport club (12), at a health or fitness centre (6), at work (13) or at sport centre (13). The rest do it at school or university (5), spontaneous (5) or they don't know the answer.

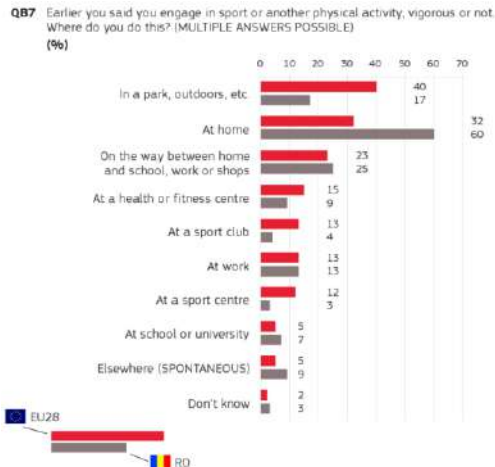


In Italy most people do outdoor activities (35), at a sport centre (27), on the way between home and school, work or shops (19), physical activity at home (16), or at a health or fitness centre (15). The rest do it at a sport club (6), at work (4), at school or university (3) or spontaneous (6). 1 person doesn't know the answer.

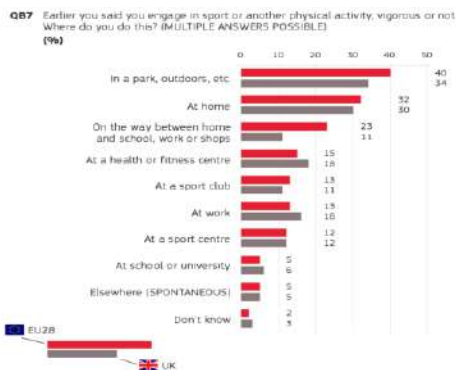


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In Romania most people do physical activities at home (60), on the way between home and school, work or shops (25), outdoors (17) or at work (13). The rest do it spontaneous (9), at a health or fitness centre (9), at school or university (7), at a sport centre (3) or at a sport club (4). 3 people don't know the answer.



In United Kingdom most people do outdoors activities (34), physical activities at home (30), at a health or fitness centre (18), at work (16), at a sport centre (12), on the way between home and school, work or shops (11) or at a sport club (11). The rest do it at school or university (6) or spontaneous (5). 3 people don't know the answer.

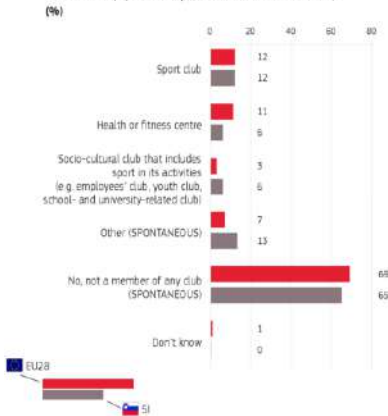


Comparatively speaking, the favourite physical activities in all countries except Romania are outdoor activities, while less people in all countries do spontaneous physical activities.

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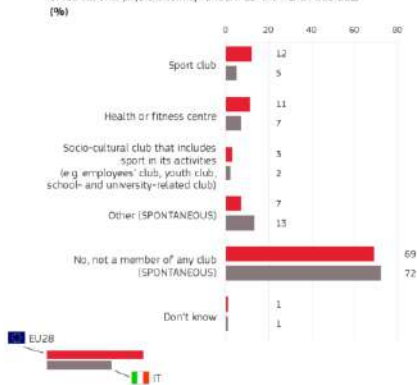
In Slovenia most of respondents aren't members of any sport club, others do organized sports spontaneously (13), in sport clubs (12), at health or fitness centre (6) and socio – cultural clubs that include sport in its activities.

**QB10** Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)



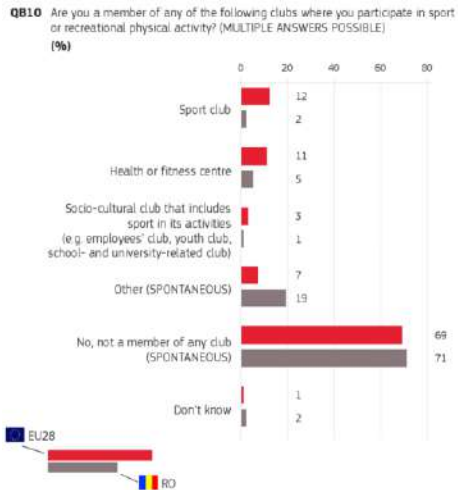
In Italy most of people said that they weren't members of any sport club (72), other do organized sports spontaneously (13), at health and fitness centre (7), sports clubs (5) or socio – cultural clubs that include sports in its activities.

**QB10** Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)

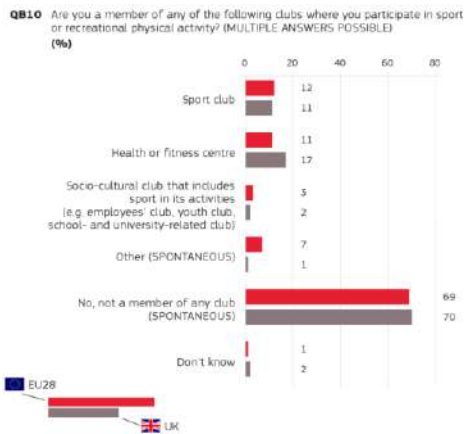


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In Romania most person denied membership in sport clubs (71), other stated that they were engaged in recreational physical activity spontaneously (19), at health or fitness centre (5), in sport clubs (2) or in socio – cultural clubs that include sports in its activities.



In United Kingdom most individuals who participated in the research said that they weren't members in any sport club (70), others do sport at health or fitness centre (17), in sports clubs (11), socio – cultural clubs that include sport in its activities (2) or engage in organized sport activity spontaneously (1).



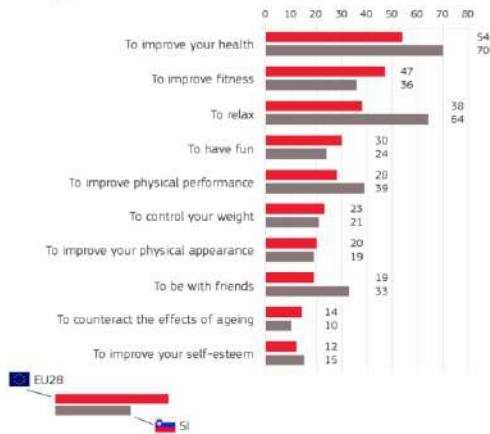
Most respondents in all four countries aren't the members of any sport clubs. Others do organized sports spontaneously, at health or fitness centres and sport clubs. The least attended are socio – cultural clubs that include sport as its activities.

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## 4.2.1.6 Motivators and barriers to sport participation

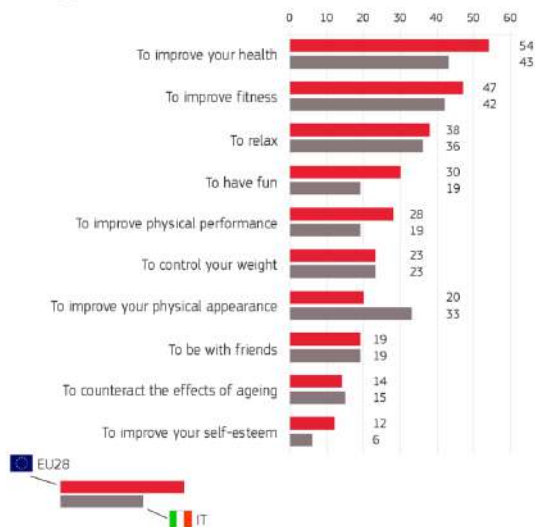
In Slovenia majority engages in sport or physical activities to improve their health (70) or to relax (64), fewer respondents do sport to improve physical performance (39) and fitness (36) or to socialize and have fun (24). The least of interviewed people do it to control they weight (21), improve their physical appearance (19), self – esteem (15) or to counteract the effects of aging (10).

Q88 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)  
(%)



In Italy most people want to improve their health (43), and fitness 842) or to relax (36) and improve physical appearance (33). Others engage in sport or physical activity because to control their weight (23), improve physical performance (19) or just to be with their friends (19), counteract the effects of ageing (15) and improve their self - esteem (6).

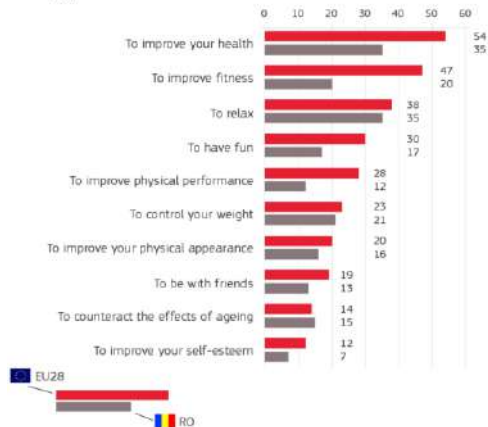
Q88 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)  
(%)



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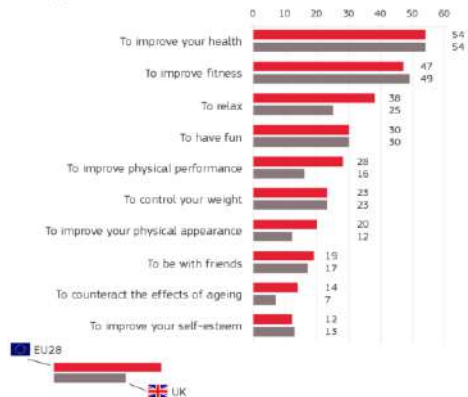
In Romania individuals mostly wish to improve their health (35), relax (35), control their weight (21) and improve fitness (20). The other reasons for engaging in sport and physical activities are: having fun (17), improving physical appearance (16), counteracting the effects of ageing (15), improving physical performance (12) and self – esteem (7).

Q88 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)  
(%)



In United Kingdom people mostly engage in sport and physical activity to improve their health (54), fitness (49), and fun (30) as well as relax (25) and control their weight (23). Some try to be with friends (17), improve physical performance (16) and appearance (12), boost their self – esteem (13) and counteract the effects of ageing (7).

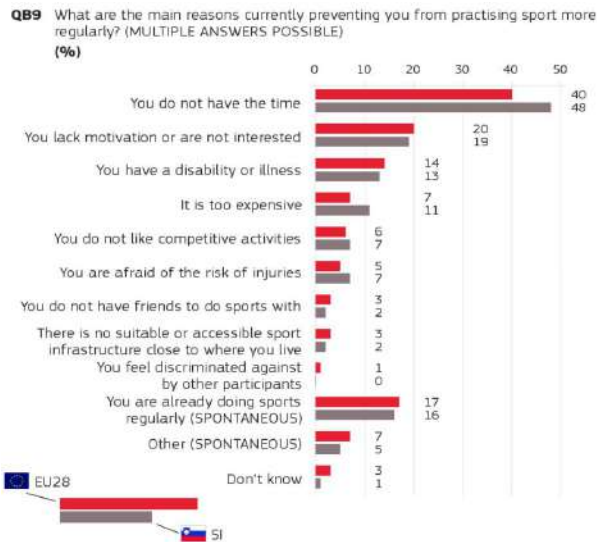
Q88 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)  
(%)



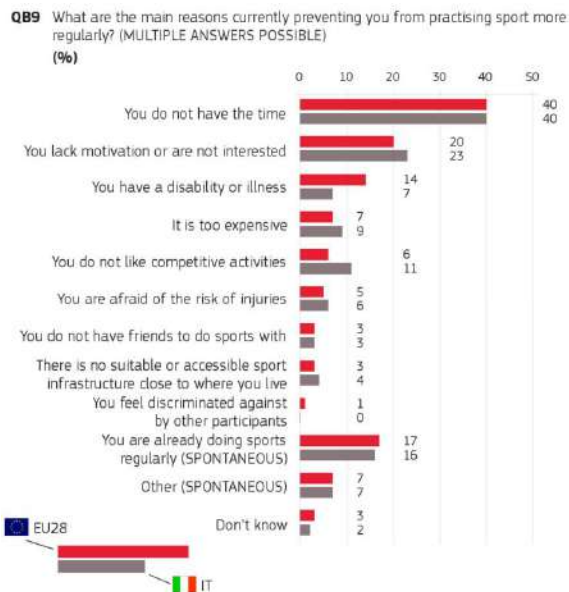
From the data presented above it's evident that physical activity is understood as essential for a healthy lifestyle both physically and mentally, which we find encouraging.

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Majority of respondents in Slovenia stated the lack of time as a reason for not practising sport more regularly (48), many do not have enough of motivation or interest in physical activity (19) or are already doing sports regularly (16). The rest can't do it because of a disability or illness (13) and financial incapacity (11) or they just don't like competitive activities (7), are afraid of injuries (7), have no friends to sport with (2) and suitable infrastructure close to their homes (2).



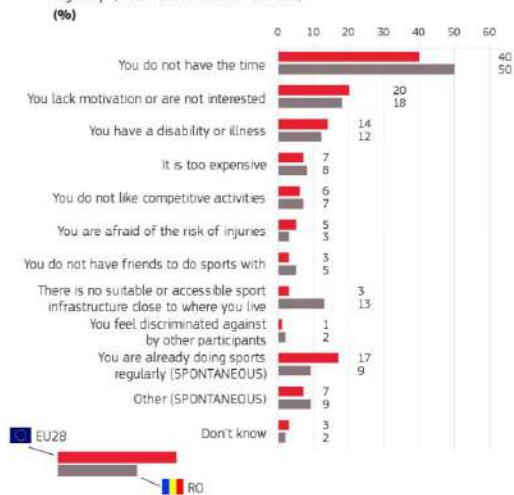
Italian respondents claim that the main obstacle to practise sport more is the lack of time (40) and motivation (23). Some already do sport spontaneously (16). Others do not feel healthy enough (7), think that exercises are too expensive (9), don't like competitive activities (11) or have fear of injuries (6). There are also some persons who don't have friends or sport infrastructure close to where they live (4).



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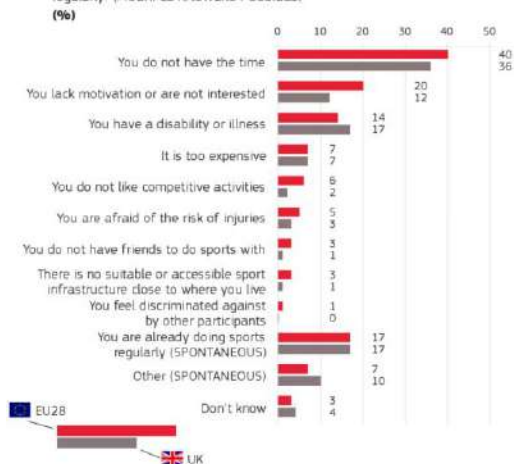
What prevents Romanian citizens to do more physical activities is not having the time (50) or motivation and interest (18). Some stated illness or disability as an obstacle (12), others, however, think the sport is too expensive (8) or they don't have any company to join them in physical activities (5). There are also individuals afraid of injuries (3) and living far from sport infrastructure (13). 9 people already do sports regularly.

Q89 What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE)



In United Kingdom people do not have time (36) or motivation for sport (12), or they are too ill to do it (17). There are also people who do spontaneous workout (17). Others counted high prices (7), risk of injuries (3), not being fan of competitive activities (2), not having friends to join them in sport activities or the lack of sport infrastructure nearby their homes as the main reasons of inactivity.

Q89 What are the main reasons currently preventing you from practising sport more regularly? (MULTIPLE ANSWERS POSSIBLE)



Citizens of all four countries stated the lack of time and lack of motivation an interest as main reasons preventing them from practising sport more regularly. However, some are already doing sports regularly, which we consider a good starting point.

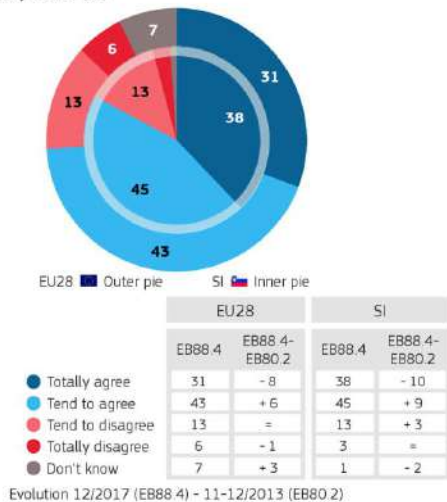
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## 4.2.1.7 Available support for sport participation in citizens' local area

In Slovenia respondents agree in extent to 38% or tend to agree to 4 % with the statement that the area where they live offers them many opportunities to be physically active. The others tend to disagree (13 %), totally disagree or don't know (1%).

**QB11.1** To what extent do you agree or disagree with the following statements about sport and physical activity?

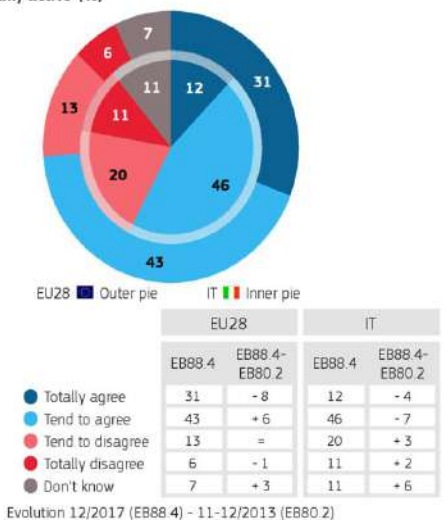
The area where you live offers you many opportunities to be physically active (%)



In Italy interviewed persons tend to agree in extent to 46% and to disagree to 20% with the statement that the area where they live offers them many opportunities to be physically active. The others tend to totally agree (12 %), totally disagree (11%) or don't know (11%).

**QB11.1** To what extent do you agree or disagree with the following statements about sport and physical activity?

The area where you live offers you many opportunities to be physically active (%)

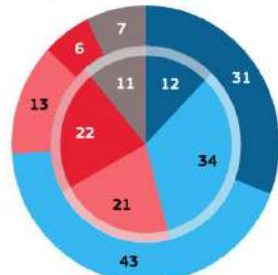


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In Romania people tend to agree in 34% or totally disagree to 22 % with the upper statement. The rest answered: totally agree to 12%, tend to disagree to 21 % or don't know the answer (to 11%).

**QB11.1** To what extent do you agree or disagree with the following statements about sport and physical activity?

The area where you live offers you many opportunities to be physically active (%)



EU28 Outer pie RO Inner pie

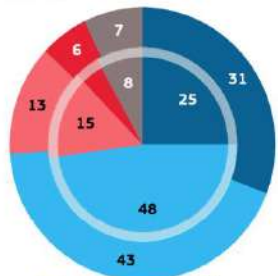
	EU28		RO	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Totally agree	31	-8	12	-4
Tend to agree	43	+6	34	+8
Tend to disagree	13	=	21	+1
Totally disagree	6	-1	22	-5
Don't know	7	+3	11	=

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

In United Kingdom respondents tend to agree in extent to 48% and totally agree to 25%. There are, however, those who tend to disagree to 15%, totally disagree to 45% or don't know to answer the question.

**QB11.1** To what extent do you agree or disagree with the following statements about sport and physical activity?

The area where you live offers you many opportunities to be physically active (%)



EU28 Outer pie UK Inner pie

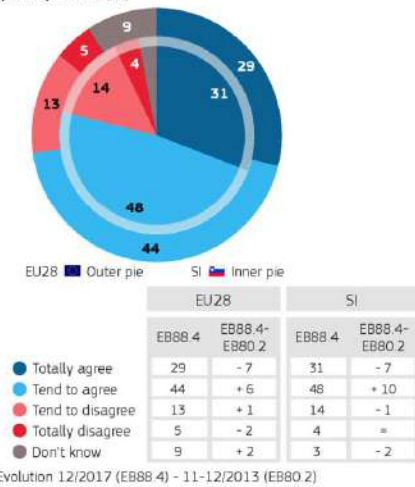
	EU28		UK	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Totally agree	31	-8	25	-19
Tend to agree	43	+6	48	+16
Tend to disagree	13	=	15	-1
Totally disagree	6	-1	4	-1
Don't know	7	+3	8	+5

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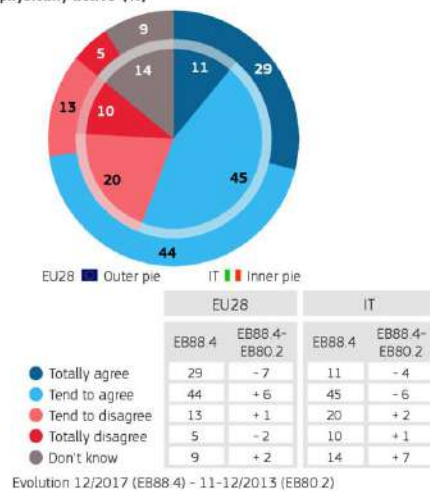
In Slovenia respondents tend to agree to extent of 48% and totally agree to 31% with the statement that local sport clubs and other local providers offer many opportunities to be physically active. There are also those who tend to disagree to 14%, totally disagree to 4% or don't know the answer in extent to 3%.

**QB11.2** To what extent do you agree or disagree with the following statements about sport and physical activity?  
**Local sport clubs and other local providers offer many opportunities to be physically active (%)**



In Italy to 45% people tend to agree, to 11% totally agree, to 20% tend to disagree and to 10% totally disagree. People in extent to 14% don't know the answer.

**QB11.2** To what extent do you agree or disagree with the following statements about sport and physical activity?  
**Local sport clubs and other local providers offer many opportunities to be physically active (%)**

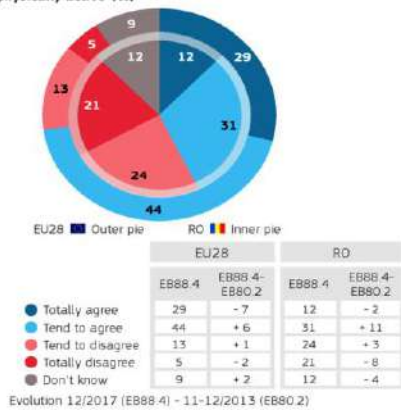


Romanian respondents tend to agree (31%) or disagree (24%) with the upper statement. There are also individuals who totally disagree (21%) or totally agree (12%). Persons in 12% don't know the answer.

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**QB11.2** To what extent do you agree or disagree with the following statements about sport and physical activity?

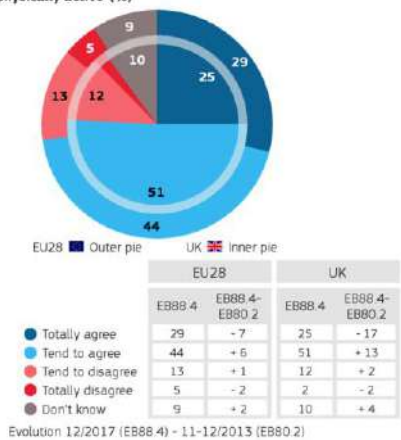
**Local sport clubs and other local providers offer many opportunities to be physically active (%)**



In United Kingdom people tend to agree (51%) or total agree (25%) with the statement that local sport clubs and other local providers offer many opportunities to be physically active. There are also respondents who tend to disagree (12%), totally disagree (2%) or don't know the answer.

**QB11.2** To what extent do you agree or disagree with the following statements about sport and physical activity?

**Local sport clubs and other local providers offer many opportunities to be physically active (%)**

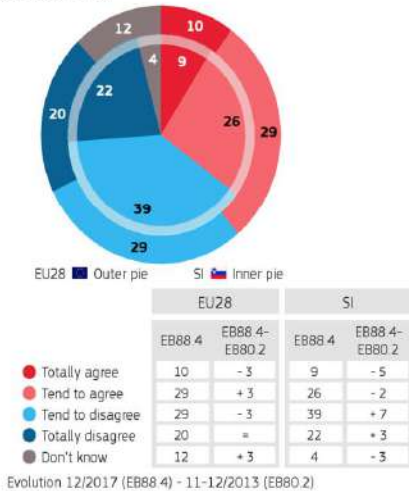


In general, people in all four European countries tend to agree or disagree that the local clubs and other local providers offer many opportunities to be physically active. The reason for such results may lay in poor information. We suggest changes in that field so that people can get enough timely information and motivation to do sport.

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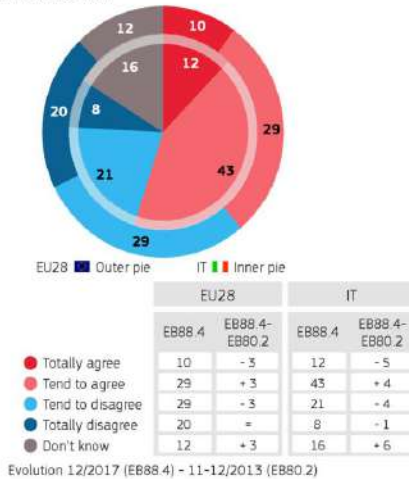
Slovenian respondents tend to disagree (39%), tend to agree (26%), totally disagree (22%) or totally agree (9) with the statement that local authority doesn't do enough for its citizens in relation to physical activities. In 4% they don't know the answer.

**QB11.3** To what extent do you agree or disagree with the following statements about sport and physical activity?  
Your local authority does not do enough for its citizens in relation to physical activities (%)



In Italy people who answered the question tend to agree in extent to 43% with the upper statement. There are also those who tend to disagree in extent to 221%, totally agree to 12% or tend to disagree to 21%. 16% don't know the answer.

**QB11.3** To what extent do you agree or disagree with the following statements about sport and physical activity?  
Your local authority does not do enough for its citizens in relation to physical activities (%)

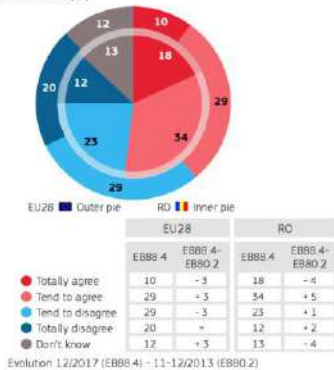


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In Romania people agree that local authority doesn't do enough for its citizens in relation to physical activities to 18% or tend to agree to 34%. However, they also tend to disagree to 23% or totally disagree to 12% with that statement. Some don't know (13%).

**QB11.3** To what extent do you agree or disagree with the following statements about sport and physical activity?

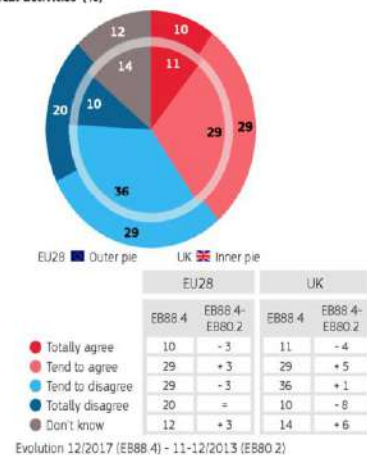
Your local authority does not do enough for its citizens in relation to physical activities (%)



Respondents in United Kingdom tend to disagree with the upper statement to 36% or totally disagree to 11%. Nevertheless, they also tend to agree to 29% or totally agree to 11%. Some don't know (14%).

**QB11.3** To what extent do you agree or disagree with the following statements about sport and physical activity?

Your local authority does not do enough for its citizens in relation to physical activities (%)

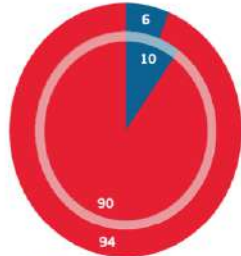


According to the results, people in countries covered by the survey people in general tend to agree or tend to disagree with the claim that local authorities doesn't do enough for its citizens in relation to physical activities. This isn't discouraging and it leaves enough space for improvements in local authorities' acting.

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## 4.2.1.8 Supporting the community through sport activity

**QB12** Do you engage in voluntary work that supports sporting activities? (%)



EU28 ■ Outer pie SI ■ Inner pie

	EU28		SI	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Yes	6	-1	10	-2
No	94	+1	90	+2
Don't know	0	=	0	=

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

**QB12** Do you engage in voluntary work that supports sporting activities? (%)

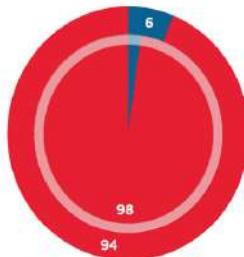


EU28 ■ Outer pie IT ■ Inner pie

	EU28		IT	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Yes	6	-1	2	-1
No	94	+1	98	+2
Don't know	0	=	0	-1

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

**QB12** Do you engage in voluntary work that supports sporting activities? (%)

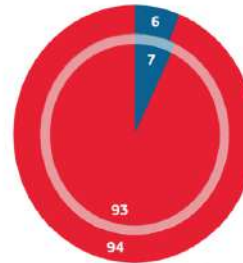


EU28 ■ Outer pie RO ■ Inner pie

	EU28		RO	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Yes	6	-1	2	-1
No	94	+1	98	+1
Don't know	0	=	0	=

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

**QB12** Do you engage in voluntary work that supports sporting activities? (%)



EU28 ■ Outer pie UK ■ Inner pie

	EU28		UK	
	EB88.4	EB88.4-EB80.2	EB88.4	EB88.4-EB80.2
Yes	6	-1	7	-3
No	94	+1	93	+3
Don't know	0	=	0	=

Evolution 12/2017 (EB88.4) - 11-12/2013 (EB80.2)

As shown in graphs above, majority of respondents in all four countries don't engage in voluntary work that support sporting activities. Their activation is required in this field.

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## 4.3 CONTRIBUTIONS

During project #SPORTIN good practice organisations were identified.

### 4.3.1 PalaBalestrazzi

PalaBalestrazzi (better known as PalaCarrassi) is one of the main sports facility in the city of Bari. It was conceived for the Mediterranean Games in 1997. For different years, it was managed by the Municipality of Bari, but in 2010, the same municipality set a Public Call to which only Sports Clubs could apply. The sports club ASD PINK SPORT TIME BARI in 2010 joined the Call and won it for a 10-years management, whose period has been extended due to COVID emergency reasons.

During these years, ASD PINK SPORT TIME has built a familiar and friendly environment turning this sports facility into a sports centre for the community and the neighbourhood. It is a sports center family-centred – that is to say that the management tries as much as possible to offer complementary service for both kids and their parents (e.g. during sports activities for kids in the afternoon, there is always a sports class for adults). This leads to let both parties train and stay healthy. In order to encourage the subscriptions to the sports classes to both kid-mother/father, there are adequate family discounts.

Furthermore, it is important to underline that the sports facility is available to cooperate with all the schools of the neighbourhood, thus strengthening the relationship with the community. For example, very often the schools and their classes and professors use PalaBalestrazzi spaces in order to develop some curricular activities.

ASD Pink Sport Time has also signed different partnership agreements with those organizations involved into disability and social issues, for these organizations there are special and adequate rates. Another important aspect is the collaboration with the other sports organizations, which has been lasting for such a long time. This collaboration makes the organization of the sports classes easier as there is the direct interest of all the actors in order to get things right. Both coaches and sports organization within PalaBalestrazzi have been working there for a long time, most of them since 2010. A good example of an organization, with whom ASD Pink Sport Time has always collaborated, is the dance organization ARG Dance Project. In particular, the staff of ARG Dance Project was able to keep all their dancers very close to the dance activity even during the lockdown. Actually, they involved their women and people into video activities, online meeting and dance classes, and outdoor trainings. No cases of dropout was registered.

The facility is not just used for sports purpose, now and then, there are cultural events, social and education meetings, most of them are meant to increase the awareness on social and cultural aspects of the frequent-users that join PalaBalestrazzi.

In conclusion, PalaBalestrazzi is not meant as a classic gym. It does not have the classic turnstiles – very typical in gyms – nor the classic fitness rooms with weights and fitness equipment. It is meant to let people be part of it.

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Email: pinkbasket.stefania@gmail.com

Phone: 0039 3312703755

Web page: <https://www.facebook.com/palacarrassi.bari>

#### 4.3.2 COMITATO FIP PUGLIA (Regional Basketball Federation Committee)

The Regional (Apulian) Basketball Federation Committee has its own headquarter within the Stadium of Bari, "Stadio della Vittoria". The Committee works following the policies of Italian Basketball Federation, and according to them, it sets rules and organization for basketball activities within the Apulian territory. The Committee has direct contacts with the Regional basketball clubs, which are registered to the Committee. Other than the President, the Board Members, the Delegates and other bodies (coaches and referees), the activities are carried out by the staff office, which deals with: communication with sports clubs, organization of championships and calendars, organization of extra events. The Committee, during the years, has made a great job looking at the touristic side. That is to say, it has exploited the touristic power of a Region such as Apulia, and it has organized its main events relating basketball and tourism. To give an example: different basketball 3x3 event – both national and international – have been set into a touristic framework, through which the participants and their family could enjoy everything. Another important initiative of the Committee is related to the launch – the first throughout all the National Federation activities – a basketball e-tournament: e-basketball. This was dedicated to players and clubs already registered to the Committee, in order to let them be close to the Committee in a different way and experience one of the future side to which the world is looking at.

Address: NA

Email: [info@fip.puglia.it](mailto:info@fip.puglia.it)

Phone: 0039 3312703755

Web page: <http://www.fip.it/Regioni/puglia/>

#### 4.3.3 Asociatia Sport pentru Viata

Sport for Life (SPV) is an association set up in 2007 to promote grassroot sport with a smile on your face. Gabriela Szabo, Olympic and World Champion, is a founding member and Honorary President. The first Sport for Life project, and certainly the dearest, Playgrounds, creates the biggest children's playground every year, and the entrance is free for all children and for parents. What is actually happening at Playing Areas? The Park is divided into play areas, where games and competitions are running simultaneously. Children make a lot of movement, as they know better - by playing, parents join certain competitions, and volunteers guide everyone and share prizes. And at the end of such a day, everyone wants to continue. Parallel to games and contests, artistic moments and sports demonstrations take place on the stage, and

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because the event is very close to Children's Day, there are balloons and many smiles that turn into memorable memories. The campaign took place between 2005 and 2011, with an average of 5000 children participating per each annual edition, more than 300 of them from different children care centres. Along years, more than 30 companies sustained and financed the campaign and 12 top performance Romanian athletes were present among kids.

Address: NA

Email: [office@sportpentruviata.ro](mailto:office@sportpentruviata.ro)

Phone: 0040 754033087

Web page: <https://cupdf.com/document/sport-pentru-viata-este-o-campanie-sociala-initiata-de-campioana-olimpica.html>

#### 4.3.4 Voluntar in Sport - Proiect & Platforma

The "Volunteer in Sport" project was launched in 2012, with the first edition of the Bucharest International Semi-Marathon. It was based on the desire to actively involve as many volunteers as possible in order to develop the sport volunteer movement in Romania.

The [www.voluntarinsport.ro](http://www.voluntarinsport.ro) platform belongs to the Bucharest Running Club Association, organizer of the largest sports running events in Romania. Starting with 2008, Bucharest has been included in the international marathon circuit, thus joining the other European capitals that host such competitions each year. Events annually organized through "Volunteer in Sport": Raiffeisen Bank Bucharest Marathon, OMV Petrom Bucharest Half-marathon, Uniqa Asigurari Bucharest 10K & Family Run, each event gathering between 10 to 30K participants.

Address: Strada Hagi Moscu Maria, București, Romania

Email: <https://runinbucharest.com/contact/>

Phone: NA

Web page: <http://www.voluntarinsport.ro>

#### 4.3.5 PROEDUS – Centru de Proiecte Educationale si Sportive

PROEDUS - Center for Educational and Sports Projects Bucharest, runs a program of volunteer social and sports, which is addressed to high school students from Bucharest educational institutions, recognized by the Ministry of National Education. The responsibility of volunteers-students is limited to some PROEDUS actions for pupils of grades 0 to VIII. Training and relaxing with PROEDUS: The Center for Educational and Sports Projects Bucharest - PROEDUS organize the "Weekend Excursions" project. The Weekend Excursions project aims to train PROEDUS volunteers for activities related to project and event organization, as well as their introduction into the specifics of PROEDUS activities during the school year.

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Within the seven-camp series, 918 high school students enrolled in the project "Be a volunteer PROEDUS" participated in the free training courses offered by the Bucharest City Hall through PROEDUS Center for Educational and Sports Projects in Bucharest. In 2020, PROEDUS organized the largest swimming project, the Academy of Sports - Free Swimming Courses for grades V - VIII took place between January 28 and February 2, 2020. Pupils from different schools in Bucharest benefited from 984 swimming hours, the trainings took place on Saturdays and Sundays, during 8 sessions, being coordinated, instructed and supervised by specialized coaches, certified in order to support the swimming lessons.

Address: Bloc S14, Bulevardul Decebal 11, București, Romania

Email: [contact@proedus.ro](mailto:contact@proedus.ro)

Phone: 0040 310699531

Web page: <https://www.proedus.ro/>

#### 4.3.6 Asociația DeBunavoie

DeBunavoie is an online platform that provides volunteers with a synthesis of all the projects they can engage with, depending on the geographic area and field of interest, and also provides access to different organizations to the largest volunteer community in Romania. It connects people who want to volunteer with organizations that plan and coordinate this kind of activities. Their initiators are a group of MSM Romania/CEU Business School Romania alumni. DeBunavoie has as privileged recipients all NGOs organizing volunteering based projects and who can find more efficient and predictable volunteers. And because we thought to leave you more time to do good deeds, DeBunavoie deals with all sorts of logistical details in your place, as follows: connects with the largest volunteer community, guides them to your project based on interests and place. DeBunavoie is a showcase where it is very easy to present your project, to promote your project on social networks. DeBunavoie mediates feedback on volunteers, knows how to handle projects that volunteers need to validate and create a community where you can communicate online with everyone else.

Address: NA

Email: [info@debunavoie.ro](mailto:info@debunavoie.ro)

Phone: 0040 0724217601

Web page: <http://debunavoie.ro/ro/about>



#### 4.3.7 Asociatia Corporate Games Romania

The Erasmus+ financed project Parenting for Sport (P4S), coordinated by Asociatia Corporate Sport Romania, was thought to be also an exceptional opportunity for Romanian and international business companies working in Romania to be involved in project's activities, realizing their mission of social responsibility (CSR- Corporate Social Responsibility) through sustaining the efforts of the project partners. The PARENTING IN SPORT vision of the project was to establish a strong and durable link between the people behind the corporations' frame and the children in deprived environment, to encourage the first ones to volunteer for a noble cause and the second ones to feel included in a new world, the one of sports, as equal participants. This is why team efforts were directed in contacting business companies, seeking support and finding volunteers among their employees. 14 Romanian and international companies participated in Parenting for Sport project accepting to provide volunteers for trainings and matches. A similar result project had in convincing school principals to participate in School Games. On the 27 schools receiving an invitation to participate in Parenting for Sport project, 23 principals accepted a face-to-face discussion on their possible participation to the project and finally just 12 of them accepting to participate. The final figures of participation in Parenting for Sport project are shown below (figures include also volunteers from Sweden and UK as project partners): 3 countries involved in 4 different sports, 12 schools participating with more than 500 children, over 30 volunteers from 14 working companies.

Address: Bucuresti, Aleea Politehnicii, Nr.4, Sector 6, Romania

Email: [office@corporate-games.ro](mailto:office@corporate-games.ro)

Phone: 0040 744567123

Web page: <https://www.corporate-games.ro/ro>

#### 4.3.8 AMD KONJICE

Slovenian recreational motocross riders and professionals competed this year on the penultimate race of the season on the first Sunday on October. The AMZS Cup competition took place under the Škedenj viaduct and announced the final part of the domestic motocross races. It is primarily intended for those who are just starting out with motocross and can compete in a slightly shorter race of faster competitors, who also participate in the national championship and international events. Consequently, the crowd is usually the largest in the categories of beginners or amateurs. The higher participation is also guarantee for an interesting and tense experience.

AMD Konjice changed racing track considerably in the year 2021 in order to meet the required standards of motocross commission. The members of the association showed sport spirit in this situation too – they helped renewing the track on voluntary basis.

AMD also organizes education for its members in order to gain at least 22 motocross judges and the rest of the crew needed on the track. The education is organized in co – operation with AMZS – Slovenian

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National Automobile Association. After it is done, the candidates for judges have to pass the exam and get the motocross judge license.

This year new competition regulations were introduced. The special attention during education has been paid to the most frequent mistakes that have been noticed in previous events relating to behaviour of motocross judges during the race and important guide lines of conduct which need to be followed by drivers while on track.

Address: Liptovska ulica 13, 3210 Slovenske Konjice, Slovenia

Email: [avto-moto.drustvo@amis.net](mailto:avto-moto.drustvo@amis.net)

Phone: 00386 41494058

Web page: <http://www.amzs.si>

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## 5 EU STRATEGY IN FIELD OF SPORT

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### 5.1.1 STARTING POINTS

Sport represents an integral part of the lives of millions of Europeans. Support for sport builds community cohesion, grows social inclusion and leads to an enhanced sense of European identity. Sport is also a key facet of Member States' and the larger European economies; the sector employs millions of European citizens, and adds billions in revenue.

Sport is therefore a vital part of what it means to be European. Policymakers, education professionals, regional and national experts are directly and regularly involved in ensuring sport continues tackle challenges in this field.

The European Commission (EC) develops and shares innovative ideas EU-wide, assisting in the implementation of programmes at a regional and local level. The Erasmus+ Sport programme, for instance, helps develop the European dimension of sport, boosting cooperation between sports organisations, public authorities and other parties.

More information may be followed at <https://sport.ec.europa.eu/sport-in-the-eu>.

### 5.2 CONTRIBUTIONS

- Slovenia – Strategy of sport development in Slovenske Konjice 2020 - 2030
- Italy – 3x3 Basketball Programme of Italian Basketball Federation managed from Puglia Regional Committee



## 6 SPORT EVENT MANAGEMENT

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### 6.1 MY STORY

**Magdalena Camenidis**, PE teacher at International Maarif Schools, Romania

*Every morning I get a new life for which I am grateful!*

When I was 7 years old I started a sport boarding school that I didn't want to go to because I could only see my family for two days, in weekends. In time, I realized that there was something good in my life because this boarding school gave me all the trust, courage and discipline that formed my strong personality and my smile today. That's how I got involved in sport, mainly gymnastics because there I was free in the gym hall, I was flying, I was rolling, and I was jumping. The boarding school sport was my home for three years, during which I learned to be strong, to smile, to make friends.

Later in my high school I had a PE teacher, former performance boxer, who believed in me when I first entered a running competition. Every time I won, this teacher of mine would lift me on his shoulder and run the distance I had gained that day. My dream, as a child then, was to become a reputed athlete or a physical education teacher in order to inspire other children to practice sport.

Sadly, I had some injuries in my sport career, I was not able to continue with performance sport, so I followed my childhood dream of being a physical education teacher.

30 years after the 1984 Summer Olympics in the City of Angels - Los Angeles, I was there in a sports event for athletes with disabilities and I was starting for the first time in my life a 21km half marathon to support these American athletes as a volunteer. This journey of mine began to take off when I learned about the energy of "Pay it forward!" coming from wonderful people I worked with in the project. Two weeks in the City of Angels, far and near at the same time, places where I felt like I've been there before, people I've talked to before, the air, the ocean, all those were known to me and came to me so simply and naturally. Rich emotions, in my transformation as a human being, overwhelmed me, causing me to wonder where from I got so much power to love my job as a teacher and mother. For me, the answer is short and deep: "YOU CAN", because it is the effect of the inspirational actions of all people in my life, as well as of my will, started in childhood dreams.

### 6.2 STARTING POINTS

Usually, four types of management in the field of sport are distinguished:

- 1) Public (state, municipal, and some particular cases of delegating separate public powers to non-governmental, non-municipal subjects, operators) administration in sport;
- 2) self-management (autonomous management) in sport (management implemented by non-governmental, non-municipal subjects in sport – by the International Olympic Committee and the

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International Paralympic Committee, national Olympic and Paralympic committees, international and national sports federations, etc.);

3) private (commercial corporate) management in sport, to specify, in its aspects associated with sport as the field of sports entertainment, show business events and corresponding activities, sports broadcasting, sports sponsorship, operation of sports infrastructure, manufacture and sales of athletic clothing and footwear, sporting equipment, sport supplements and drinks, rehabilitation, diagnostic, and other means and equipment of sports medicine etc.

4) Management implemented in the field of sport by non-institutionalised participants of sporting relations.

Public administration in sport cannot exist without cooperation with other types of sport management described above. Public administration authorities have to involve various non-commercial organisations and business sector (suppliers of goods and services, etc.) to the field of sport.

## 6.3 CONTRIBUTIONS

### 6.3.1 PROMOTING SPORT FOR ALL

During Summer 2013, in Bucharest, benefitting of the help from Olimpia Sport Club and Parada Foundation, the National Institute for Sport Research organized a sport campaign PROMOTING SPORT FOR ALL, to attract children toward sports, to increase the visibility of the role of physical activities in their lives in terms of health, affiliation, social skills or personal development in general. Through different sports demonstrations and direct experiment, experimenting a diversity of sports (karate, boxing, football, archery, laser pistols, horse riding, bobsleigh and running), more than 350 participants, boys and girls from 3 to 18 years old from different schools in sectors 2 and 3 benefited of weekends full of sport at the Olimpia stadium and training premises.

Collaborating with Parada Foundation, the campaign involved also 10 street kids harboured by the foundation. The actin included showing street kids a place where the top athletes are coming for training to different sports, becoming part of playing teams, participating in sports they never had the opportunity to practice. The idea was to increase their desire to choose sport as a way of living and to show them that sport is a possibility to improve their social condition.

As parents are the first and most important role model for their children NISR considered that parents being active and doing sport will help their kids to act the same. This is why NISR acted to mobilize the entire family for a bike ride and show that sport is healthy and fun and doing sport together represent an easy way to spend quality time in family. Almost 30 families (parents or grandparents with their kids) participated in a bike event called I'm in love with my bike.

Organisation: Institutul National de Cercetare pentru Sport

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### 6.3.2 KEEP YOUNGSTERS INVOLVED

The project KEEP YOUNGSTERS INVOLVED aimed to find answers to this question: why so many youngsters abandon sport at the age of 12-14. In many European countries, many youngsters give up sport due to a lack of motivation, problems with school or job schedule or different interests. This project targeted youngsters (12-19 years) in general and specifically those from lower socio-economic backgrounds. Out of research, the project identified the most important 14 factors to prevent youngsters from dropping out and made them suitable for practical use. Sport professionals and volunteers (trainers, coaches) who work with youngsters can use the tools developed with the project to keep youngsters more involved in sport in their sport clubs. By involving youngsters more actively, for instance by asking them what they like to do, listening to their needs, or giving them responsibilities in sport programmes, they will develop their own personal skills. At the same time, it contributes to the active citizenship of young people, an active lifestyle and meeting physical activity guidelines. The project involved over 600 youngsters, boys and girls from 7 EU countries.

Organisation: Institutul National de Cercetare pentru Sport

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Phone: 0040 311024912

Web page: [www.sportscience.ro](http://www.sportscience.ro)

### 6.3.3 ACTIVE BASKETBALL SUMMER

After the competition season 2021 ended, ŽKK Konjice organized summer basketball activities for teenage girls. The Active Basketball Summer project was based on the idea of bringing this sport closer to youngsters in the most fun way possible and encouraging them to decide to train regularly. Children gathered once a week in order to play basketball and socialize. The first training took place at public swimming pool, where they had opportunity to try out themselves in throwing a basket out of the water and harden their skills in water games. Next time they searched for a basketball treasure around the sports park with the help of tips and fun tasks. Fan posters were also made during the gatherings. The common thread was learning basketball through game, without any obligation and completely free.

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When the project has been brought to an end, the members of older selections of competitors went to the intensive preparations on mountain of Rogla. Girls over the age of 10 were also invited to join them. All the girls really enjoyed the basketball summer days. They were always coming back to practices with the smiles on their faces, hardly waiting for new adventures. The club believes that it's very important to involve children in sports activities, where not only coaching is at forefront, but also socializing, building team spirit and above all – good will. Such projects encourage youngsters to be physically active and help them raise their self - esteem. The response was above expectations and the Active Basketball Summer will be continued next year.

Organisation: Ženski košarkarski klub Konjice

Address: Šolska ulica 3A, 3210 Slovenske Konjice, Slovenia

Email: [kk.konjice@siol.net](mailto:kk.konjice@siol.net)

Phone: 00386 37590770

Web page: <http://www.kzs.si>

#### 6.3.4 TWIRLING AT SWIMMING POOL

Twirling is still a rather unrecognizable sport in Konjice. In order to popularize this activity, Twirling Club Slovenske Konjice decided to diversify summer days at the pool by holding workshops in July and August. A coach and 6 to 9 members of the clubs participated in each event. The training started with inviting all visitors to join. The participants thoroughly exercised the wrists and hands to avoid the possibility on injury. Afterwards they presented the props to the visitors – a twirling rod and showed them how to hold it correctly. Learning to simply grip the stick in the vertical and horizontal directions followed as well as horizontal rotation. Children learnt this without a problem and continued with the horizontal rotation in the left hand. Furthermore, the basic roles were presented to the visitors – over the arm and elbow and some horizontal loops (circles). In the end, members of Twirling club taught the visitors a few simple rod changes in pairs. The workshops ended in the same way as they started – with the choreographies - individual, in pairs and two baton.

The Twirling days at the pool were a complete success. The club representatives, as well as children who joined the exercises, enjoyed the time spent together. New friendships were born and the club gained few fresh members.

Organisation: TWIRLING KLUB SLOVENSKE KONJICE

Address: Stari trg 24, 3210 Slovenske Konjice, Slovenia

Email: [twirling.konjice@gmail.com](mailto:twirling.konjice@gmail.com)

Phone: 00386 41851871

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Web page: <https://twirlingklub-konjice.wixsite.com>

### 6.3.5 KONJIŠKI MARATON

Since 2013, every last September Sunday in town of Konjice is reserved for running along Dravinja valley – from the winegrowing hills of Škalce to the tourist centre Zreče, where it turns and leads back to the foot of Konjiška gora through the finish line in the old town square. The longest route measures a half marathon of 21 km and is complemented by a medium – distance 10 km and a recreational 5 km. The children compete in children's run – Konjičkov tek for preschool children and Šolski tek for primary school children.

The event is known for its special care for competitors, genuine homeliness and top organization. Marathon is accompanied by Glasbeni maraton, in which more than 200 musicians perform in the start – finish line and along the route. The runners are motivated by a new musical point at least every kilometre and a real musical spectacle starts at finish line at awarding the medals.

The attention is paid especially to primary school children. It gives them an opportunity to be a part of this great event and compete. They are given a start number with a chip, which means that the exact net time is measured for every one of them. There is nothing more beautiful than proud in children's eyes after they ran out the route with effort and received a medal for it.

The fact that Konjiški maraton is a top event was acknowledged by the special recognition awarded by the Athletic Association of Slovenia, after it has reached all organizational points for the first time in the history of Slovenian running competitions.

Organisation: KONJIŠKI MARATON

Address: Ulica Toneta Melive 8a, 3210 Slovenske Konjice, Slovenia

Email: [teci@konjiskimaraton.si](mailto:teci@konjiskimaraton.si)

Phone: 00386 51655900

Web page: <https://www.konjiskimaraton.si>



## 7 CAMPAIGN #SPORTIN

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### 7.1 CAMPAIGN CONCEPT

#### **CSR (Corporate Social Responsibility) campaign**

A corporate social responsibility (CSR) campaign can have a huge impact on the lives of community members. It is recognized as useful and effective tool.

Corporate social responsibility is a broad concept that can take many forms depending on the company and industry. Through CSR programs, philanthropy, and volunteer efforts, businesses can benefit society while boosting their brands.

As important as CSR is for the community, it is equally valuable for a company. CSR activities can help forge a stronger bond between employees and corporations, boost morale and help both employees and employers feel more connected with the world around them.

In case of #SPORTIN Project social responsibility applies to promotion of sport activation among people.

#### **CREATIVITY AND INNOVATION**

What is creativity? Imagining something new and making it happen. Creativity is ACTION!

What is innovation? Something new and useful. Innovation is VALUE!

Innovation is impossible without creativity. We need it to accelerate pace of change.

#### **A model Art of innovation - 12 key drivers**

The **SOURCES** of creativity are the elements required for any purposeful creative act, individual or group:

1. Talent
2. Method
  - a. Method is the way we confront challenges
  - b. Method makes creativity more effective, because it helps to develop talent and channel energy in purposeful ways
3. Energy

The **STRUCTURE** of innovation is the organized context in which innovation happens:

4. System
5. Individual
6. Target

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7. Team

The **CULTURE** of Innovation is a set of elements depicting behaviours, values and norms that favour the generation and implementation of valuable new things in an organization:

- 8. Ideas
- 9. Risk
- 10. Freedom
- 11. Humour
- 12. Engagement

Innovation happens when in an organized **STRUCTURE** & within an appropriate **CULTURE** the **SOURCES** of creativity are mobilized.

Creativity is not just idea generation – it is also:

- Exploration
- Problem definition
- Evaluation
- Implementation

People use their creative attitudes in different ways:

FLUENCY	FLEXIBILITY	ORIGINALITY	ELABORATION
Produce many ideas	Produce ideas that fit into different categories	Produce unusual ideas	Develop ideas in some depth
J.P. Guilford, E.PaulTorrance			

**I. D. E. A. S. method**

<b>INVESTIGATE</b>	Find facts, share assumptions and feelings, develop an understanding of the challenge
<b>DEFINE</b>	Break the challenge into smaller, more manageable issues and re-define it, clearly
<b>ENVISION</b>	Imagine many possible ways of confronting the challenge
<b>APPRAISE</b>	Evaluate the plan & ideas, rank them, select the best
<b>START!</b>	Sell the idea to all concerned and mobilize them to adopt an action plan, implement

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## 7.2 CAMPAIGN MESSAGE

### KEY WORDS

INTEGRITY IN SPORT, INVOLVEMENT, ACTIVATION, STRATEGY, GOOD GOVERNANCE, CAMPAIGN, PROMOTION, COOPERATION, EU.

### HASHTAGS

#ŠPORTVKONJICAH

#SPORTinINCSROMANIA

#SPORTinESAUNITEDKINGDOM

#SPORTinMSV

Addressed topic of proposed project is “Encourage social inclusion and equal opportunities in sport”.

This project encourage **healthy active lifestyles** participation in sport and physical activity, health protection and well-being in general.

Messages should include content such as various links to articles and websites, event posts.

### METHOD OF COMMUNICATION

We communicate with target audience in native languages. We can mix slang, but still adhere to some grammatical and spelling standards. E.g. nothing will be wrong if we use the word full instead of many or very.

The writing style is humorous, easy-going and easy for young people to understand. We also use emoji symbols.

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## AUDIENCE

Needs analyses:

- only 30% of inhabitants of included local areas are involved actively in sport
- lack of knowledge of wider target public about **importance** of sport and recreation inclusion in their everyday life

Final target groups:

- persons not involved in sport activities due to social exclusion (no matter gender, age)
- persons involved in sport activities (no matter gender, age)
- local and regional decision makers (municipalities, regional authorities)
- local sport clubs

## CAMPAIGN TOOLS

### 1. Facebook

- Releasing key messages on weekly base through organisations fb channels. Including local sport clubs to follow and share.

### 2. face-to-face campaign

- Used as tool in events happening during the project. Including different materials (pop-ups, screens, flyers, posters, photo boots,).

### 3. press included

- Preparation of media press releases that are published.

## 7.3 EVALUATION

- Did you plan activities thoroughly?
- Did audiences understand the message?
- Did they follow your call to action?
- Were all colleagues involved into the communication plan?
- Were you on track with the timeline and budget?
- Were objectives achieved?

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## CAMPAIGN REACH

120 press releases in 4 countries during the campaign. According to defined tools of communication and promotion, releases are defined as:

- posts on Facebook,
- flyers,
- posters,
- articles about project and its activities in newspapers,
- articles about project and its activities on web pages,
- other promotional materials.

## COMMUNICATION PLAN DRAFT

date	time	text	photo/link
15.06.2020	14:00	Fitnes je priložnost za spoznavanje novih ljudi. #ŠPORTVKONJICAH	Fitnes
03.01.2021	10:30	Počasi, a vztrajno se približuje tisti najhladnejši del leta. Dnevi so vedno krajši in hladnejši, zato bomo večino časa preživel v objemu toplih notranjih prostorov. Kaj pa bo zdaj z našo rekreacijo? Če tudi vi spadate v kategorijo ljudi, ki jim je gibanje po hladnem zraku prej težava kot užitek, sta rekreacija v dvorani ali fitnes odlična rešitev za nadaljevanje te zdrave rutine. #ŠPORTVKONJICAH	<a href="https://www.sport-konjice.si/sportna-ponudba/#rekreativna-raba">https://www.sport-konjice.si/sportna-ponudba/#rekreativna-raba</a>



## 7.4 CAMPAIGN TIMELINE

Preparing the outline of campaign (identify your audiences; find a message; envision many ways, communication tools, get ideas)	April – July 2020
Testing the idea and outline (appraise communication plan, evaluate ideas)	August – September 2020
Launch of campaign (start and implement the campaign)	September 2020 – Slovenia February 2021 – Romania, Italy
Evaluation of campaign (use defined evaluation questions)	December 2021

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## 8 ABOUT PROJECT #SPORTIN

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### 8.1 PROJECT SUMMARY

INTEGRITY IN SPORT, INVOLVEMENT, ACTIVATION, STRATEGY, GOOD GOVERNANCE, CAMPAIGN, PROMOTION, COOPERATION, EU.

The European Union and our partnership believes that sport plays a vital role, not only in individual health and fitness, but also in shaping our wider European society. Sport activities and its promotion results in healthy living and social cohesion for all people across Europe. #SPORTIN is an international project that aims to encourage social inclusion and equal opportunities in sport. Through networking and collecting local best practices, the partnership aims to reach different groups of people on local level. It reached high in innovation and added EU value. In each involved country, partners will expose three good practice examples in field of sport activities and try to copy those to different local environment. All together at least 20 local actions will take place in 2 years, free of charge for participating. At least 3.000 persons will be directly actively involved. The role of international partnership is significant to the project and gives a big added value. Project will offer a training for representatives of sport clubs on local level with aim to introduce into local environment new, attractive sport activities that will encourage social inclusion and equal opportunities for interested public. With aim of visibility and raising general awareness of importance of sport in life, an innovative media campaign #SPORTIN will launch. People from four different local areas are directly addressed to become more active in field of sport. As final and long-lasting result, all three included local communities will prepare and start with execution of Sport development strategy 2021 – 2028. This is a support mechanism for local and regional authorities and will strengthen cooperation among stakeholders, which would not have existed without EU action.

#### **OBJECTIVES (O) and AIMS (A):**

##### **O1: Encourage social inclusion and equal opportunities in sport**

A1: Include 3.000 persons into local sport activities through project #SPORTIN

A2: Prepare, launch and carry out innovative media campaign #SPORTIN

##### **O2: Develop and reinforce network on international and local level**

A3: Develop a network of 4 partners on international level

A4: Develop 2 local networks including relevant stakeholders to encourage information exchange, cooperation and visibility of their activities

A5: Apply Sport development strategy 2021 – 2028 in 2 local areas

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### **O3: Exchange and concrete dissemination of best practices**

A6: Prepare and carry out three trainings – study visits to towns of participating organizations (confront ideas and methods in different areas relating to sport and physical activity)

- Topic 1: Importance of sport in life
- Topic 2: EU strategy in field of sport; Erasmus+ Sport
- Topic 3: from theory to practice: Sport event management

A7: Organize 20 local events to free of charge

### **O4: Promote Erasmus+ Sport programme**

A8: All project activities will present logos and information about Erasmus+ Sport programme

A9: As part of training for local sport clubs information about application process to Erasmus+ Sport will be shared



## 8.2 ORGANISATIONS

**Name:** Zavod za šport Slovenske Konjice

**Address:** Šolska ulica 3a, 3210 Slovenske Konjice

**Email:** [info@sport-konjice.si](mailto:info@sport-konjice.si)

**Phone:** 00386 3 759 07 70

**Web page:** <http://www.sport-konjice.si>

**Name:** Associazione sportiva dilettantistica Margherita sport e vita

**Address:** Via Pietro Mascagni 1, 76016 Margherita Di Savoia, Italy

**Email:** [info@msvbasket.it](mailto:info@msvbasket.it)

**Phone:** 0039 088 395 20 39

**Webpage:** <http://www.msvbasket.it/>

**Name:** Institutul National de Cercetare pentru Sport

**Address:** BLD Basarabia 41a Sector 2, 0022104 Bucuresti, Romania

**E-mail:** [info@sportscience.ro](mailto:info@sportscience.ro)

**Phone:** 0040 311 024 912

**Webpage:** <http://www.sportscience.ro>

**Name:** Europa sport academy Limited

**Address:** 1 Davy road Tamar Science Park, PL6 8BX Plymouth, United Kingdom

**Email:** [info@europatrainingltd.com](mailto:info@europatrainingltd.com)

**Phone:** 0044 175 276 42 06

**Web page:** <http://www.europasportacademy.com>



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- White paper on using the potential of sport for social inclusions, integration and equal opportunities.

