

SPORTS AS VALUE

Collection and analysis of good practices on value promotion across regions

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Sports as value project consortium

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Introduction

In the vibrant tapestry of cultures and societies across the Western Balkans (Albania, Bosnia and Herzegovina, Kosovo, Montenegro) and European nations such as Italy, Hungary, Sweden, Malta, Portugal, and Slovenia, sports transcend mere physical activity – they embody a profound and shared value system. The project "Sports as Value" delves into the intricate dynamics of examining the multifaceted ways in which sports have become an integral part of societal fabric and identity. From the communal passion echoing through the Western Balkan countries to the historical and contemporary significance of sports in Italy, Hungary, Sweden, Malta, Portugal, and Slovenia, our exploration seeks to unravel the diverse narratives woven into the very essence of these regions. Through this lens, we aim to uncover the social, cultural, and psychological dimensions that elevate sports beyond mere competition, revealing the powerful role they play in shaping values, fostering unity, and contributing to the collective spirit of these nations.

Various countries and organisations initiated a two-year long journey in which countries from the Balkan region and the European Union partnered up for a common goal; to integrate positive values within the sport practice, and to build stronger communities through sport and promotion of EU values.

The participating countries and organisations were the followings:

Italy: Organizzazione per L'educazione allo Sport (OPES)

Kosovo: Kosovo Olympic Committee (NOC KOSOVO)

Kosovo: Universiteti i Prishtines (UNI PRISTINA)

Bosnia and Herzegovina: Udrezenje Gradana Olimpijski Komitet Bosne i Hercegovine Sarajevo (NOC BiH)

Montenegro: Crnogorski Olimpijski Komitet (NOC MONTENEGRO)

Albania: Komiteti Olimpik Kombetar Shqiptar (NOC ALBANIA)

Malta: The European Athlete as Student (EAS)

Portugal: Confederacao do desporto de Portugal ((PSC)

Sport as Value project main objectives.

- To build the capacity of sport clubs, organizations, and federations to integrate positive values into the sport practice at the grassroots level in a structured, dynamic, and systematic way.
- To build stronger communities and peaceful societies through sport and promotion of EU values in a historically fragmented region.

The primary objective of the project partners was to establish enduring sustainable, long-lasting partnerships in the Balkan region, with skilled and knowledgeable organisers that will successfully promote the positive impact of grassroots sports and the values in sport which will result in stronger, peaceful, and more connected society.

Albania



Introduction

Albania, nestled in the Western Balkans on the Adriatic and Ionian Sea, boasts a rich history and diverse cultural heritage. This section provides a comprehensive overview of Albania, highlighting its key attributes, societal intricacies, and geopolitical dynamics, including specific details on sports facilities and their role within the country.

Country Factsheet: Albania

Population: Albania, with an estimated population of over 2.8 million, is a nation characterized by its youthful demographic profile. Most of the population resides in urban areas, particularly the capital city, Tirana, and the port city of Durrës.

Facilities: Albania's infrastructure has undergone significant development in recent years, with improvements in transportation, healthcare, and education. However, challenges persist, particularly in rural areas where access to basic services remains limited.

War Context: Albania has navigated through a tumultuous history marked by periods of conflict and instability. From the struggles for independence in the early 20th century to the communist regime under Enver Hoxha, the nation has endured various challenges. Additionally, Albania faced internal strife in the late 20th century, followed by efforts towards democratization and integration into the European community.

Sports Facilities: Albania boasts a range of sports facilities catering to various athletic disciplines. From stadiums to training centres, the country invests in promoting sports at both the grassroots and professional levels. Key facilities include the formerly called Qemal

Stafa Stadium now Arena Centre – Air Albania in Tirana, the National Olympic Committee Complex, and numerous stadiums, gyms and sports halls across the nation.

NAME OF THE PRACTICE			
TEAMS IN SCHOOL			
Country	Albania	Timeframe	1 year
Initiator	Government & Albanian National Olympic Committee		
Promoted values. (Keep only what applies)	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels. 2. Leveraging technology, tools for promoting grassroots sports by providing platforms for communication, organizing events, and tracking progress;	Type of practice (Keep only what applies)	- Regular event
Target group	Elementary and high schools		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	The Sports Teams Program, initiated by the Albanian Government and the Albanian National Olympic Committee, focuses on promoting healthy lifestyles among youth through basketball and volleyball. Launched in 2022-2023, it involves about 10,000 children from 61 municipalities, providing them with training and equipment for national-level sports championships. The program includes regular training sessions, health monitoring, and aims to expand its reach to more schools across Albania.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained in the long run?)	The parents of the children participating in the Sports Teams Program were interviewed and expressed their happiness with the project, and a comprehensive survey among students, parents, and coaches was conducted to measure its impact on physical health, academic performance, social skills, and overall well-being. The innovation that will be addressed to this project is the smart shirts. The smart shirts with integrated, invisible polymer sensors to measure EKG, heart rate variability, respiratory curve, body temperature, and movement, utilizing IoT for encrypted data transmission, and a lightweight, long-lasting control unit for comprehensive health and activity monitoring.		

Impact of the Sports as Value project and Joint action	<p>Thanks to the SAV project, NOC Albania had an opportunity to integrate the topics on values into the biggest programme they organize with the Albanian government. During the SAV project NOC Albania organised a Joint action, a sports event in which they launched the yearly programme in schools combined with the activities on value promotion in line with the SAV project.</p> <p>The Joint action held together with the yearly launch of the Sports Teams programme was a useful opportunity to introduce sports values of the SAV project into the governmental project of the NOC.</p> <p>Thanks to the SAV project, the topic on values could be integrated into the activities of the programme that is being successfully implemented in 225 elementary and high schools.</p>
Website or useful links	https://riniafemijet.gov.al/programi-per-ekipet-sportive-shkollore/
Contact	franci.aleksi@nocalbania.org.al









NAME OF THE PRACTICE			
Developing Sport			
Country	Albania	Timeframe	1 day
Initiator	Government, Tirana Municipality, Albanian National Olympic Committee, Albanian Development Fund, Albanian Olympic Academy		
Promoted values. (Keep only what applies)	1. Building community partnerships for economic benefits generated for host communities or increased visibility to promote them to new audiences.	Type of practice (Keep only what applies)	- Occasional event or campaign
Target group	Youth		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	The "Sport për Zhvillim" (Sport for Development) project, as described by Prime Minister Edi Rama, was a collaborative effort that brought together various stakeholders to aid in the reconstruction of Thumanë after a natural disaster. Initially met with skepticism, the project focused on building sports facilities and promoting sports in schools to foster development and talent identification. Many individuals and organizations, including the "Shqiptarët për Shqiptarët" foundation and Ilir Hoxholli, played crucial roles in its success. The results were satisfying for the local community, but the project's leaders aimed to ensure its sustainability and integration into the local tradition, emphasizing continuous and organized sports activities for children and others. The project aimed to create a sports complex that would be a vibrant and ongoing part of the community's life, both spontaneously and through organized activities. The collaborative efforts and commitment of various stakeholders were essential in achieving positive outcomes for the project.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	<p>Community Engagement: The satisfaction and involvement of the local community in sports activities and the utilization of the sports facilities could be indicators of success.</p> <p>Participation Rates: Tracking the number of individuals, especially children and youth, participating in sports programs and events in Thumanë.</p> <p>Talent Identification: If the project aimed to identify and nurture sports talent, the progress and achievements of young athletes could serve as a measure of success.</p> <p>Infrastructure Development: The completion and utilization of sports facilities like fields, courts, and gyms can be measured to assess the project's infrastructure impact.</p> <p>To transfer this practice to new contexts/areas and ensure long-term sustainability, the following steps can be considered:</p>		

	<p>Community Engagement: Engage the local community in the planning and implementation of sports development initiatives. Their ownership and support are essential for sustainability.</p> <p>Public-Private Partnerships: Collaborate with private organizations and foundations, as seen with the "Shqiptarët për Shqiptarët" foundation, to secure funding and expertise.</p> <p>Government Commitment: Ensure government support and commitment to sports development programs. Allocate resources and create policies that promote sports in schools and communities.</p> <p>Capacity Building: Train local coaches, educators, and organizers to manage and sustain sports programs independently.</p> <p>Monitoring and Evaluation: Continuously assess the impact of the programs, gathering data on participation rates, talent development, and infrastructure utilization.</p> <p>Replication and Scaling: Identify similar communities or areas that could benefit from such programs and replicate the model while adapting it to local needs and resources.</p> <p>Long-Term Funding: Seek sustainable funding sources, such as public-private partnerships, grants, and sponsorships, to ensure the continuity of sports development efforts.</p>
Website or useful links	<p>https://www.balkanweb.com/sporti-si-motor-zhvillimi-rama-per-rindertimin-e-thumanes-u-bashkuan-shume-forca-ishte-sfide-me-vete/#qsc.tab=0</p> <p>https://www.hashtag.al/index.php/2023/10/28/sporti-si-motor-zhvillimi-rama-per-rindertimin-e-thumanes-u-bashkuan-shume-forca/</p> <p>https://shqiptarja.com/lajm/rama-ne-thumane-levizja-sportive-neper-shkolla-prioritet-per-ne-ka-si-qellim-evidentimin-e-talenteve-te-reja</p>
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NAME OF THE PRACTICE			
Country	Albania	Timeframe	1 day
Initiator	CEV and FSHV		
Promoted value(s) (Keep only what applies)	1. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term.	Type of practice (Keep only what applies)	- Occasional event or campaign
Target group	Coaches, athletes, and schools		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	The theoretical part of the training focused on three key areas: motivating children to learn motor skills, introducing techniques and tactics through play, and fostering creativity in volleyball. These concepts were demonstrated practically through various games. The development of the practice involved incorporating evidence-based strategies to support children's motor skills development, such as using goal-oriented play activities to improve motor skills in early childhood. Additionally, the practical application included implementing volleyball lead-up games in physical education, ensuring enough space and proper marking of the playing area. Modified games were added to keep the unit fun and exciting. The results obtained included improved motor skills in children, as evidenced by their performance in locomotor movements like running, walking, and jumping		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	The impact of this practice was measured using motor learning measuring tools, which assessed improvements in children's locomotor movements. The practice's transferability to new contexts/areas lies in its adaptability; the core principles of motivating through play, introducing techniques in an engaging manner, and fostering creativity can be applied across various physical education settings. For long-term maintenance, it's crucial to continue incorporating fun and diverse games and regularly update techniques based on the latest research in motor skills development. Additionally, the use of multimedia and interactive tools can enhance learning and make the practice more engaging for children.		
Website or useful links	https://inside.cev.eu/development/projects/cev-school-project/		
Contact	franci.aleksi@nocalbania.org.al		





Kosovo



Introduction

Nestled in the heart of the Balkans, Kosovo holds a unique position in the complex tapestry of Southeast Europe. This section offers an in-depth introduction to Kosovo, delving into its historical background, demographic composition, infrastructure, and notable features such as its sports facilities.

Country Factsheet: Kosovo

Population: Kosovo, with a population of approximately 1.8 million, is a diverse mosaic of ethnicities and cultures. Most of the population is ethnically Albanian, with significant communities of Serbs, Bosnians, Turks, Roma, Ashkali, and Egyptians.

Facilities: Kosovo's infrastructure has undergone substantial development since gaining independence in 2008. Efforts have been made to modernize transportation networks, healthcare facilities, and educational institutions. However, challenges persist, particularly in rural areas where access to basic services remains limited.

War Context: Kosovo's recent history is marked by the Kosovo War (1998-1999) and subsequent international intervention, leading to the establishment of the United Nations Interim Administration Mission in Kosovo (UNMIK) and eventual independence from Serbia in February 2008. The scars of conflict continue to shape Kosovo's socio-political landscape, influencing issues of governance, reconciliation, and nation-building.

Sports Facilities: Despite its relatively small size, Kosovo boasts a vibrant sports culture with modern facilities catering to various athletic disciplines. Key venues include the Fadil Vokrri Stadium in Pristina, the Olympic Stadium Adem Jashari stadium and Multisports center "Omni Sport" in Mitrovica, and numerous sports stadiums, halls and training centres spread across the country. Of note, Kosovo will be the host of the Mediterranean Games which will be held in 2030 and significant sports infrastructure investments have been planned.

NAME OF THE PRACTICE: Junior NBA League			
Country	Kosovo	Timeframe	March 2023 - ongoing
Initiator	Kosovo Basketball Federation		
Promoted value(s) (Keep only what applies)	<ul style="list-style-type: none"> Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term; Providing opportunities for cross-border competition, grassroots sports activities, international cooperation 	Type of practice (Keep only what applies)	<ul style="list-style-type: none"> - Regular event - Awareness-raising initiatives - Monitoring tools and systems
Target group	Children aged U12, physical education teachers, parents, coaches		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	The Junior NBA project aims at children aged under 12 with the main goal of massifying basketball and promoting physical activities, health and inclusion through the game of basketball. Main project activities include games and practices that are being implemented in 6 regions of the country. As a component of the project, the school league is being organised where the children were equipped with basketball skills and equipment, which resulted in them being very familiar with basketball. One of the benefits was that 4 of the players were recognized for their talent and reserved a spot in the U14 national team. At the same time, the engagement of physical education teachers played a crucial role in the development of the project.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	The project started as an initiative that aimed at increasing the levels of physical activity at a young age. In the initial stage, there was no active league and no children who were actively involved in basketball. Today, we counted 30 teams coming from different regions with around 450 children in the capacity of participants. The project duration is 4 years. Given that we managed to have capacity building (education of physical education teachers), they will be able to continue the application of similar activities upon the completion of the project.		
Website or useful links	https://basketbolli.com/JRNBA/News		
Contact	Arben Krasniqi, Technical Director of KBF +383 48 703 555 tdbasketbolli@basketbolli.com		





NAME OF THE PRACTICE: Kosovo Judo Nation			
Country	Kosovo	Timeframe	Ongoing project – since October 2022
Initiator	Kosovo Judo Federation		
Promoted value(s) (Keep only what applies)	<ol style="list-style-type: none"> 1. Encouraging sports participation to increase overall physical activity levels. 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding. 3. Providing quality coaching, instructions, and coaching skill development to raise the overall level of play. 4. Emphasising fun and enjoyment to encourage people to participate and to continue to participate long-term. 5. Building community partnerships for economic benefits generated for host communities or increased visibility to promote them to new audiences 7. Providing opportunities for cross-border competition, grassroots sports activities, international cooperation 	Type of practice (Keep only what applies)	<ul style="list-style-type: none"> - Occasional event or campaign - Regular event - Awareness-raising initiatives - Educational programmes and materials - Monitoring tools and systems - Strategy and policy frameworks
Target group	Students in primary and secondary schools, elite athletes, coaches, disabled		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	<p>The program "Kosovo, State of Judo" stands as a firm embodiment of the unwavering commitment of the Government of the Republic of Kosovo to promote the sport of judo as a means of building a healthy society and raising the international position of Kosovo. The central focus of the program is the expansion and popularization of judo throughout Kosovo, along with the development of tourism and sports diplomacy. Through the development of the main goals of the program, such as physical infrastructure, training capacities and the massification of judo, the program aims to promote physical well-being, instil basic values and build self-confidence in children and youth. Support schemes for coaches and professional athletes, together with the organization of international sports events and public diplomacy efforts, will amplify the impact of the program and raise Kosovo's global standing.</p> <p>In the 9-month period (October 2022 – June 2023), the program has had significant achievements in each of its six components.</p> <p>We are in the final phase of the expropriation of the construction plot for the construction of the "National Judo Centre" sports complex in Peja (with the follow-up spaces through the dojos, such as swimming pool, fitness, physiotherapist room and accommodation capacities). The Municipality of Gjilan has allocated the construction plot for the construction of the dojo and we are in intensive communication with the Municipality of Mitrovica to determine the adequate location, while the municipalities of Pristina and Peja have pledged to engage in determining the location in their urban centres for the construction.</p>		

	<p>Training modules and mechanisms for evaluating professional judo trainers have been developed, while 50 trainers have been certified who will engage in the implementation of the "Judo in Schools" program, in primary education institutions and with children with special needs, as well as (2) trainings for self-defence and close combat for elite athletes who will work closely with the Kosovo Security Force.</p> <p>In order to promote the massification of the sport of judo, more than 3000 students were involved in demonstrations of the sport of judo from 24 schools in 5 regional centres of the Republic of Kosovo (Prishtina, Pejë, Mitrovica, Ferizaj and Gjiilan). The children were informed about the benefits that this sport brings to their physical and mental health and tested their skills in basic judo movements with elite and professional athletes. In the special school for the blind and partially sighted "Dr. Xhevdet Doda" in Peja, a judo section was opened, and 5 students are currently being trained from this school.</p> <p>Furthermore, the national program "Judo in Schools" is in the process of being adapted for our school system, to promote the massification of the sport of judo and its incorporation into the local school system. Eleven (11) local judo coaches are employed by the Judo Federation for the implementation of the subprogram "Judo in Schools".</p> <p>Meanwhile, nine (9) professional judo athletes have been integrated into the Kosovo Security Force within the support scheme for athletes during their sports careers.</p> <p>A contract has been signed with the European Judo Union to organize the open European Judo Championships in the categories -57kg women and -73kg men, which took place on 16.12.2023 in Pristina, where Kosovo won 4 medals (1x gold, 3x bronze).</p> <p>The peak successes in the sport of judo have contributed to improving the positive image of the Republic of Kosovo, making an important contribution to public diplomacy during the period October 2022 - June 2023, with participation in twenty-one (21) international competitions, bringing Kosovo fifteen (15) gold medals, sixteen (16) silver and eleven (11) bronze medals. And in the world judo ranking, Distria Krasniqi ranks first in the world with 7,275 points, thus making her the best judoka in the world, in the -52kg category.</p> <p>In conclusion, the "Kosovo, State of Judo" program has made significant progress in promoting and expanding the sport of judo in Kosovo. The achievements of the program in the six directions of action also contributed to the positive image of the country at the international level.</p>
<p>Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)</p>	<p>Internal developments in the Judo Federation of Kosovo:</p> <ul style="list-style-type: none"> • Drafting of the Strategic Document of the Judo Federation of Kosovo. • Engagement of elite athletes and professional coaches as personnel. • Engagement of professional staff for management and coordination and implementation program. • Involvement of professional staff in the design and promotion of the program, as well as social media management. • Development of policies and regulations for the evaluation of trainers to ensure quality training programs. • Drafting and adaptation of the program "Judo in schools", to promote the popularization of the sport of judo. • Holding regular meetings and Assemblies of the Board of the Judo Federation of Kosovo. <p>External developments:</p> <ul style="list-style-type: none"> • Amendments/Approvals of laws that support the goals and objectives of the project, such as the adoption of the anti-doping law by the Assembly of the Republic of Kosovo in March 2023. • Positive media coverage or public recognition of the project's achievements and impact.

	<ul style="list-style-type: none"> • Developing partnerships with other stakeholders that provide additional support and expertise, such as the International Judo Federation, the European Judo Federation, and the Croatian Judo Federation. <p>As the sports programme "Kosovo, State of Judo" is an ongoing national project, we assume that with the support of our partners, this project will help the development of youth and sports in the long term and help build a healthy society in the country.</p>
Website or useful links	https://kosovajudo.com/kosova-shtet-i-xhudos-raporti-i-progresit-tetor-2022-qershor-2023/
Contact	<p>Agron Kuka – President of the Kosovo Judo federation</p> <p>e-mail: judokspresident@gmail.com</p> <p>Tel: +383 (0) 49 510 007</p>

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Mental Health in Sport seminar – Faster, Higher, Stronger – Together for the better well-being				
Country	Kosovo	Timeframe	10 th October 2023 – World Mental Health Day	
Initiator	Kosovo Olympic Committee			
Promoted value(s) (Keep only what applies)	1. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding. 2. Providing quality coaching, instructions, and coaching skill development to raise the overall level of play. 3. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term;	Type of practice (Keep only what applies)	- Occasional event or campaign - Awareness-raising initiatives - Educational programmes and materials - Other: Olympic values	
Target group	Coaches from the Olympic and non-Olympic sports officially recognized by their National Federation			
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	<p>The main mission of this project was to educate sports coaches of various individual and team sports in Kosovo about the importance of good mental health and its prevention and overall well-being, incorporating Olympic values, as this is currently one of the main challenges in sports. This seminar was financially supported by Olympic Solidarity.</p> <p>The one-day seminar was held on World Mental Health Day, using the Olympic motto in the title. The entire event was divided into 2 parts, where the first was devoted to a short presentation of NOC Kosovo and the importance of Olympic values and their positive impact on mental health. The second part was led by a sports psychologist from Slovenia, who lectured the coaches on 4 basic topics such as:</p> <ul style="list-style-type: none">• Fundamentals of Sports Psychology• Psychological Preparation for Competitions• Stress Management• Burn-out Syndrome. <p>Each section also presented the practical tools of the current topic, as well as the fun team-building activities, which can be used by coaches during their training sessions.</p> <p>The number of participating coaches was 27 from 13 different Olympic and non-Olympic sports. The ambition of this project was to educate, but at the same time make the sports coaches of Kosovo ambassadors of good mental health and through them enlightenment in the sports sector, as well as in the society of Kosovo.</p>			
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas.	In order to find out if the organization of this seminar made sense and if it is worth repeating in the future, a survey was given to the participants with 6 basic questions about their current awareness of the topic and their satisfaction with the event. At the end of the seminar, the questionnaires were distributed in digital form, via e-mail, and we received 20 positive responses.			

can it be maintained on the long run?)	<p>Due to the high satisfaction with the event based on the results of the survey, it is already planned to transfer this practice to a new context in the form of online workshops that will be more accessible to a larger audience.</p> <p>According to a survey launched by the IOC Athletes' Commission in 2020, 32% of the 4,000 athletes and entourage members who participated in this study said that their biggest current challenge was mental health. Based on these data, as well as the high interest from coaches throughout Kosovo, this topic is planned to be maintained in the long term, which will be beneficial not only for the sports sector in the country but also for the overall health of the population.</p>
Website or useful links	<p>https://noc-kosovo.org/ne-diten-boterore-te-shendetit-mental-kok-organizoi-seminarin-per-shendetin-mental-ne-sport/,</p> <p>https://www.youtube.com/watch?v=sTuAIErQdCo</p> <p>https://www.facebook.com/kosovoolympiccommittee</p> <p>https://www.instagram.com/p/CvOw0tZrAiN/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZA==</p>
Contact	<p>Kosovo Olympic Committee</p> <p>Tel: +383 38 222 223</p> <p>e-mail: office@noc-kosovo.org</p>











NAME OF THE PRACTICE: Olympic Week			
Country	Kosovo	Timeframe	Every June (5 days)
Initiator	Kosovo Olympic Committee		
Promoted value(s) (Keep only what applies)	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels. 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding. 3. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term. 4. Building community partnerships for economic benefits generated for host communities or increased visibility to promote them to new audiences;	Type of practice (Keep only what applies)	- Regular event - Awareness-raising initiatives - Educational programmes and materials - Other: Olympic values
Target group	Kindergarten students, elementary school students, university students, representatives of sports federations, journalists, disabled		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	<p>Olympic Week is a five-day event that is organized annually in several municipalities of Kosovo. Olympic Week is a key national event that aims to promote learning through sport and participation in sport among young people, as well as bringing Olympic and sporting values into schools and uniting the sporting community around these values. The entire event is dedicated to Olympic Day (June 23).</p> <p>In recent years, activities such as Olympic running, various disciplines in athletics, some elements in gymnastics and several ball sports have been organized based on IOC instructions. From an educational point of view, the NOC Kosovo informed the participants about the first Olympic Games in modern history and the background of the NOC through brochures and presentations at schools.</p> <p>The last three years of the event left the biggest mark so far. During these previous three editions of the Olympic Week were organized several different activities such as drawing in kindergartens with an Olympic theme (300 children) and a big football tournament with the participations (160 participants) of teams from different sports federations, journalists and governmental institutions of the country. Another activity was the Media conference (200 participants), which was used for the official opening of this event and also for the promotion of the event among the general population in Kosovo. The week also included activities such as hiking in the Sharri mountains, which was organized by the Faculty of Physical Culture and Sports at AAB College in Prishtina in cooperation with the Kosovo NOC. The faculty ceremoniously opened sports fields and organized tournaments in basketball, volleyball, tennis, and futsal as well (300 students). The Paralympic Committee of Kosovo also contributed to the event and organized tournaments for disabled people in blind chess, table tennis and boccia.</p>		

	<p>The Olympic week ends with a celebration dedicated to the Olympic Day, during which the main activity is short-distance running. In 2021, the event was held at the stadium, where the main activity was the Olympic run and twelve stations with athletic disciplines, in which 385 students from four schools in Pristina participated.</p> <p>In 2022, NOC Kosovo, in cooperation with the Kosovo Sports School Federation, organized activities involving approximately 1,000 elementary school children in athletic disciplines such as the 40-meter run, long jump, etc., culminating in the Olympic run.</p> <p>The year 2023 culminated in the main square in Pristina, where approximately 800 elementary school students took part in various athletic disciplines and the Olympic run.</p> <p>The total number of participants during the whole event varies between 5,000 – 7,000 within the municipalities of Kosovo.</p>
<p>Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)</p>	<p>The NOC does not establish any official measurements for this practice. The only measurement is in the form of the number of participants. The impact of the event was somehow measured only by observing increased physical activity, a better understanding of the Olympic values, an improvement in the overall interest in the Olympic movement and the involvement of various sports institutions.</p> <p>The transferability of the practice is in its adaptability to different contexts, in the sense of flexibility in creating activities and targeting the action to different groups of participants. Since the Olympic week includes several different events, there is scope for cooperation with different local partners and the use of a wide range of resources for successful implementation.</p> <p>Sustainable sources of funding are essential to maintain this event in the long term. For this purpose, we annually ask for financial support from the IOC and Olympic solidarity, thanks to which this event can take place. For the higher quality of the event in future years, it is necessary to focus on better monitoring and evaluation of each activity.</p> <p>However, this event is one of the most important practices of the NOC to share the Olympic movement across the country on a national level. This practice is a valuable initiative that can benefit many communities in Kosovo, not only in the field of sports but also in the field of health and education.</p>
<p>Impact of the Sports as Value project and Joint action</p>	<p>During the SAV project, the Kosovo Olympic Committee organized a Joint Action which aimed to integrate positive values into sports practice. The event combined sports and educational activities to promote Olympic and sports values. The event was organized after the Olympic week but in the future could be easily integrated into Olympic week activities.</p> <p>The main sports activity was a friendly tournament between students of different schools in Pristina. The idea of the tournament was to show the children the power of solidarity and inclusion, regardless of age, gender, religion or background. For that reason the sports activities were combined with the activities on value promotion in line with the SAV project. The event resulted to be successful and activities organized by the NOC Kosovo could be replicated and integrated into various future sports events.</p>
<p>Website or useful links</p>	<p>https://www.noc-kosovo.org/, https://www.facebook.com/kosvoolympiccommittee, https://www.instagram.com/kosvoolympiccommittee/</p>

Contact	Kosovo Olympic Committee Tel: +383 38 222 223 e-mail: office@noc-kosovo.org
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Montenegro



Introduction

Nestled along the Adriatic coast, Montenegro's rugged landscapes and rich cultural heritage make it a captivating destination. This section offers an insightful introduction to Montenegro, delving into its historical tapestry, demographic makeup, infrastructural developments, and notable sports facilities.

Country Factsheet: Montenegro

Population: Montenegro, with a population of approximately 620,000, is a melting pot of diverse ethnicities, including Montenegrins, Serbs, Bosniaks, and Albanians. Most of the population resides in urban centres, with Podgorica serving as the capital and largest city.

Facilities: Montenegro has made significant strides in developing its infrastructure, particularly in the realms of tourism, transportation, and telecommunications. The nation boasts modern airports, well-maintained road networks, and a burgeoning hospitality sector catering to both domestic and international visitors.

War Context: Montenegro has weathered various challenges throughout its history, including periods of foreign rule, conflict, and political upheaval. Notably, the breakup of Yugoslavia in the 1990s precipitated significant turmoil, culminating in Montenegro's declaration of independence in 2006. Since then, the nation has focused on consolidating its democratic institutions and fostering regional cooperation.

Sports Facilities: Montenegro boasts a diverse array of sports facilities catering to enthusiasts and athletes alike. From picturesque football stadiums nestled against mountain backdrops to state-of-the-art aquatic centres overlooking the Adriatic Sea, Montenegro's venues reflect its commitment to sporting excellence. Key facilities include the Podgorica City Stadium, the Cetinje Sports Hall, and the Moraca Sports Centre.

EKO mini volleyball			
Country	Montenegro	Timeframe	October 2023 – June 2024
Initiator	Volleyball Federation of Montenegro		
Promoted value(s) (Keep only what applies)	<ol style="list-style-type: none"> 1. Providing quality coaching, instructions and coaching skill development to raise the overall level of play. 2. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term. 3. Leveraging technology, tools for promoting grassroots sports by providing platforms for communication, organizing events, and tracking progress. 4. Providing opportunities for cross-border competition, grassroots sports activities, international cooperation 	Type of practice (Keep only what applies)	<ul style="list-style-type: none"> - Regular event - Educational programmes and materials - Monitoring tools and systems - Other: Progress, improvement through play
Target group	Children aged 9-13 years old		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	The project "EKO mini volleyball" for children aged 9-13 years is organized by the Volleyball Federation of Montenegro with the sponsorship of the company Jugo petrol AD and the support of the European Volleyball Confederation (CEV), the Ministry of Sports and Youth, the Montenegrin Olympic Committee and the capital city Podgorica, and the goal of the project is to mass, popularize and widespread of volleyball sport in Montenegro.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	For the seventh time, the Volleyball Federation of Montenegro organised "EKO mini volleyball" project, and year after year it recorded a record number of participants with almost 900 children involved. The project started in 2016 and it already lasts for 7 years and we hope it will continue for a long period.		
Website or useful links	https://odbojka.me/eko-mini-odbojka/		
Contact	osca@osca.me ; +382 20 665 115		









EDUCATION THROUGH 3X3 MONTENEGRO LEAGUE OF ELEMENTARY SCHOOLS			
Country	Montenegro	Timeframe	May – September 2023
Initiator	Montenegrin Olympic Committee		
Promoted value(s) (Keep only what applies)	1. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term. 2. Building community partnerships for economic benefits generated for host communities or increased visibility to promote them to new audiences.	Type of practice (Keep only what applies)	- Occasional event or campaign - Educational programmes and materials
Target group	Children 12 – 15 years		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	<p>The 3X3 Montenegro League of Elementary Schools (3X3MLES) project was developed to promote sports and Olympic values among students aged 12 to 15. It leveraged the popularity of 3x3 basketball in Montenegro and aimed to encourage participation, sportsmanship, and teamwork. Key actions included the organization of nine professional-grade tournaments across Montenegro, with Olympians conducting Olympic classes to promote values like fair play and respect. Social media and traditional media were actively used for promotion.</p> <p>Results achieved included the participation of 100 schools and 400 students, the successful conduct of 8 qualifying tournaments, and hosting a final top 16 tournament. Additionally, support groups were established for participating teams, and Olympic classes influenced both participants and spectators, with an audience of over 200 at each tournament. The project contributed to increased interest in 3x3 basketball, improved physical health, and the adoption of Olympic values among elementary school students in Montenegro. In the long term, it aims to build a stronger sports culture and encourage greater participation in Olympic sports and events.</p>		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	<p>The practice's adaptability to local preferences, culture, and available resources is crucial for transferability to new contexts. Collaboration with local partners and an understanding of cultural differences can help tailor the program effectively. Sustainable funding, capacity building, continuous monitoring, and community engagement are essential for long-term maintenance.</p> <p>In the medium term, the project seeks to increase participation in 3x3 basketball, improve physical health, and instill Olympic values among elementary school students. In the long term, it aims to build a stronger sports culture, encourage participation in Olympic sports, and promote a more active and health-conscious population. The 3X3MLES project holds promise for replication in different regions, provided it is adapted to local contexts and supported by sustainable resources and community involvement.</p>		
Website or useful links			
Contact	Maja Pekovic, international@cok.me		

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NAME OF THE PRACTICE : TRAIN WITH THE OLYMPIANS			
Country	Montenegro	Timeframe	March – June 2022
Initiator	Montenegrin Olympic Committee		
Promoted value(s) (Keep only what applies)	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels. 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding. 3. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate in the long term.	Type of practice (Keep only what applies)	- Occasional event or campaign
Target group	Children 12-16 years		
Short Description (How was the practice developed, what actions were put into place, and which results were obtained?)	<p>The practice was developed to promote sports and Olympic values among elementary school students in Montenegro. It involved organizing training sessions led by Olympians, who served as coaches and motivators for students aged 12-16. Professional coaches were also engaged to design tailored training programs for each school. The practice aimed to encourage physical activity and instill Olympic values like fair play, respect, and teamwork.</p> <p>Key actions included selecting Olympians based on popularity, education, and reputation, coordinating with schools, and utilizing traditional and social media for promotion. After the meeting with the Ministry of Education, we visited the least developed schools in the least developed neighborhoods in the Montenegrin municipalities. 24 Schools have been visited in all Montenegrin municipalities. The total number of students is 2088, with 94 teachers included, as well as 10 Olympians.</p> <p>The project started in March 2022 and lasted 14 weeks.</p> <p>Results included increased physical activity among students, improved understanding of Olympic values, and positive feedback from teachers and students. The project successfully engaged over 2000 school-age children and garnered media coverage, contributing to the promotion of sports and healthy lifestyles in Montenegro.</p>		
Learning and transferability	The practice aimed to promote sports and Olympic values among elementary school students in Montenegro through training sessions led by Olympians. These sessions encouraged physical activity and instilled values like fair play and teamwork. The impact was measured through		

<p><i>(How was the impact measured? How can the practice be transferred to new contexts/areas, and can it be maintained in the long run?)</i></p>	<p>assessments of increased physical activity, improved understanding of Olympic values, and media coverage. The practice's transferability lies in its adaptability to different contexts, provided local preferences and resources are considered. Collaboration with local partners, cultural sensitivity, and adequate training and resources are vital for successful implementation.</p> <p>To maintain the practice in the long run, sustainable funding sources and capacity building are essential. Continuous monitoring, community engagement, and adaptability will help keep the program relevant and effective as it expands to new areas. The practice's success in promoting physical activity and fostering Olympic values makes it a valuable initiative with the potential to benefit more communities beyond Montenegro.</p>
Website or useful links	MOC starts the "Train with the Olympians" Project (cok.me)
Contact	Maja Pekovic, international@cok.me

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NAME OF THE PRACTICE: Olympic Day			
Country	Montenegro	Timeframe	June 2024
Initiator	Montenegrin Olympic Committee		
Promoted value(s) (Keep only what applies)	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels. 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding. 3. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate in the long term.	Type of practice (Keep only what applies)	- Occasional event or campaign
Target group	Children		
Short Description (How was the practice developed, what actions were put into place, and which results were obtained?)	<p>On 24 June 2024 the Montenegrin Olympic Committee organized a Joint Action under the Erasmus+ project Sport as a Value, which aimed to integrate positive values into sports practice, build a stronger community through sport and promote EU values. The joint action by National Olympic Committee Montenegro was organised on the afternoon of the "Olympic Day". The NOC used the occasion of the Olympic Day to organise an event with children in collaboration with UNHCR and local clubs. This event brought together local children and those from refugee backgrounds in sports tournaments, underscoring the power of sports in fostering unity and inclusivity. The event included tournaments to unite local children and children from refugee backgrounds and corners to promote sports values through interactive activities.</p> <p>One of the event's highlights was the "Club of Friendship". Over 200 children from refugee families, stateless children, and at-risk youth participated in various universal values education activities alongside their Montenegrin peers for a total of around 400 youth participants. This event demonstrated the practical application of the core values championed by the project, as it promoted inclusion and fair play while providing a meaningful experience for all involved.</p> <p>The collaborative efforts highlighted during the visit were part of the broader campaign slogan, "With sports values, we strengthen society - together." This message captured the essence of the project, emphasising the importance of instilling these values at the grassroots level to foster a more cohesive, inclusive society. The visit not only reinforced the project's goals but also helped build more robust networks among partners, laying the foundation for future collaborative efforts to promote sports' positive impact.</p> <p>The joint activities in Montenegro, particularly the sporting activities with the local clubs, the UNHCR, and the "Club of Friendship," successfully showcased the project's values in action. They provided an opportunity for meaningful community engagement and a platform to inspire further collaboration among partner organisations as they worked towards building stronger, more united communities through sports.</p>		

Learning and transferability <i>(How was the impact measured? How can the practice be transferred to new contexts/areas, and can it be maintained in the long run?)</i>	The immediate impact was measured by the number of children attended and their participation in the event. The practice can be transferred to different contexts and integrated to many sports events due to the fact that the activities on values organized during the event are universal and can be easily replicated and tailored.
Website or useful links	Predstavnic partnerskih... - Crnogorski olimpijski komitet Facebook , Instagram
Contact	Maja Pekovic, international@cok.me





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SPORTS AS VALUE

Bosnia & Herzegovina



Introduction

Nestled in the heart of the Western Balkans, Bosnia and Herzegovina is a nation defined by its diverse cultural tapestry, rich history, and complex geopolitical landscape. This section offers a comprehensive introduction to Bosnia and Herzegovina, delving into its unique attributes, demographic composition, infrastructure, and notable sports facilities.

Country Factsheet: Bosnia & Herzegovina

Population: Bosnia and Herzegovina, with a population of approximately 3.5 million, is a diverse mosaic of ethnicities, religions, and cultures. The country is home to Bosnia's, Serbs, Croats, and various minority groups, each contributing to its vibrant social fabric.

Facilities: Bosnia and Herzegovina's infrastructure has undergone significant development since the end of the Bosnian War in the 1990s. Efforts have been made to rebuild and modernize transportation networks, healthcare facilities, and educational institutions. However, challenges persist, particularly in rural areas where access to basic services remains limited.

War Context: Bosnia and Herzegovina's recent history is marked by the Bosnian War (1992-1995), which resulted in widespread devastation and loss of life. The conflict, fuelled by ethnic and religious tensions, left deep scars on the nation's psyche and continues to influence its socio-political landscape.

Sports Facilities: Despite the challenges posed by the war and its aftermath, Bosnia and Herzegovina boasts a range of sports facilities catering to various athletic disciplines. From football stadiums to basketball arenas, the country has invested in promoting sports at

both the grassroots and professional levels. Key venues include the Asim Ferhatović Hase Stadium in Sarajevo, the Bilino Polje Stadium in Zenica, and the Olympic Hall Juan Antonio Samaranch in Sarajevo

NAME OF THE PRACTICE			
Country	Bosnia and Herzegovina	Timeframe	April-September 2016
Initiator	Member of the Supervisory Board of Olympic Committee of Bosnia and Herzegovina		
Promoted value(s) (Keep only what applies)	1. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding.	Type of practice (Keep only what applies)	<ul style="list-style-type: none"> - Occasional event or campaign - Regular event - Awareness-raising initiatives
Target group	People with disability		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	<p>After enrolment to the Faculty of Law, as the first blind person ever who started studying Law at the University of Sarajevo, he had one wish, to complete the half marathon. But he asked how.</p> <p>After his speech on local TV, a member of the statutory board of the OC BIH, alpinist, and triathlon runner, Tomislav Cvitanusic offer to run together.</p> <p>Mustafa started running in mid-April 2016 and he managed to achieve remarkable results in less than six months.</p> <p>How they manage to run together. Tomislav, as his coach, had a great idea to run with the rope between them which they called "the rope of love".</p> <p>Mujce became the first blind participant in a 21-kilometre race in the region on the 18th of September 2016. This young man is an inspiration to his colleagues and athletes and besides today's success.</p> <p>The main result was that other people with disabilities were encouraged to do sports activities.</p>		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas,	The impact was measured by other requests of people with disabilities to try to do similar sports activities.		

can it be maintained on the long run?)	
Website or useful links	https://sarajevotimes.com/blind-boy-mujce-ready-half-marathon/ https://sarajevotimes.com/blind-young-man-mustafa-mehic-mujce-ran-sarajevo-half-marathon/ https://www.youtube.com/watch?v=N85L6TWck14
Contact	Olympic Committee of Bosnia and Herzegovina: okbih.eu.projects@okbih.ba

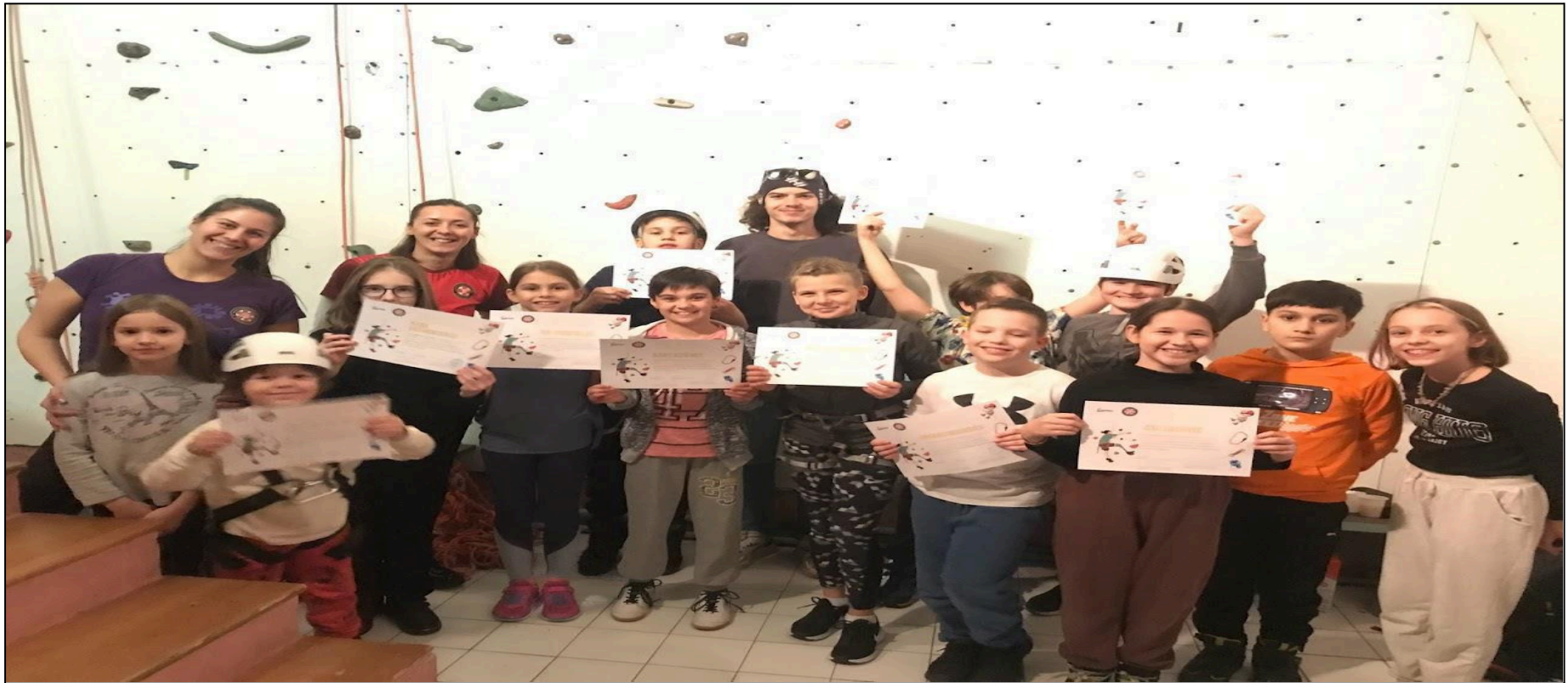


NAME OF THE PRACTICE			
A month with a low usage of electronic device			
Country	Bosnia and Herzegovina	Timeframe	Every January since 2022
Initiator	Centre for Children and Youth (Youth house)		
Promoted value(s) (Keep only what applies)	1. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term; 2. Building community partnerships for economic benefits generated for host communities or increased visibility to promote them to new audiences;	Type of practice (Keep only what applies)	- Occasional event or campaign - Awareness-raising initiatives
Target group	Elementary school children		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	<p>After the survey from the Municipality on the topic of how children in Sarajevo spend the winter holiday (whole of January). Results were mostly on the phone, in front of the TV and only 2% were doing some sports activities. Regarding the survey, the local youth house seeks funds from the municipality in order to pay small climbing room.</p> <p>Youth house decided to call the climbing professionals from the Mountain Rescue Service – Sarajevo, the volunteers, who did a whole month of training with kids. For the whole of January, volunteers from Mountain Rescue Service – Sarajevo did three to four days a week climbing and hiking lessons with pupils.</p> <p>In the first year of the climbing activity, there were 25 trainees, the year after there were 52 applicants and 20 more requests for climbing lessons to continue for the whole year. In the beginning, most of the children had low motor skills, really low confidence and a fear of heights, but step by step, children overcame the fear and improved feeling in their hands as well as their motor skills and their confidence increased by every lesson.</p> <p>Most of them continue the climbing lessons and hiking privately after this month, and their parents want to join in their activities and try climbing.</p>		

	Through this initiative from the Youth House to the Municipality, they signed a memorandum of cooperation to promote each other activities and increase the visibility of recognizing the problem and trying together to solve it.
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	<ul style="list-style-type: none"> -The number of kids is increasing year by year -Requests of children and parents to continue the activity for the whole year -Following the progress from week one to week four of the activity -Practice can be transferred to any area by a simple survey that this municipality did, and the Youth Houses will recognize the problem, and take the initiative to solve it -It can be maintained in the long run, and it is possible to involve other municipalities and schools in the city.
Website or useful links	https://mladi.ba/ https://mladi.ba/organizacije/gorska-sluzba-spasavanja/
Contact	Olympic Committee of Bosnia and Herzegovina: okbih.eu.projects@okbih.ba Mountain Rescue Service – station Sarajevo

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NAME OF THE PRACTICE			
Olympic day			
Country	Bosnia and Herzegovina	Timeframe	June 2023
Initiator	Olympic Committee of Bosnia and Herzegovina		
Promoted value(s) (Keep only what applies)	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels; 4. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term;	Type of practice (Keep only what applies)	- Occasional event or campaign - Awareness-raising initiatives
Target group	Elementary and high school children		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	Over 150 school children from 6 primary schools practised 9 sports in addition to socializing with BiH Olympians: handball, football, basketball, volleyball, tennis, table tennis, taekwondo, shooting and karate. During this event it's considering taking up another sport – it may surprise you to see what benefits it could bring to your social life, physical health, and most importantly children's ability to perform better in various sports. It is a day that celebrates the highest principles of sport – the Olympic values and everything that makes Olympism unique in the world of sports, but also in social communities on a local, regional, and global level. As well on this day we promote how it is important to save the planet and reduce our carbon footprint.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	By learning from our Olympians, children practice 9 sports, which is a great example of transferability and learning in sport. Also, our Olympians, besides sports, teach the children about the importance of saving the planet through sport, and how they can practise any sport activity to raise awareness about climate change. That multi-sport practice can facilitate skilled performance by developing an individual's ability to couple affordance perception with functional actions at a young age.		
Impact of the Sports as Value project and Joint action	On May 30th 2024 the Olympic Committee of Bosnia and Herzegovina hosted a joint action as part of the Erasmus+ project Sports as Value, which aimed to integrate positive values into sports practice and build a stronger community through sports and promote EU values. NOC BiH implemented a joint action on the Olympic day. Over 150 children attended the Olympic day, who had an opportunity to try 9 grassroots sports: basketball, handball, karate, football, volleyball, golf, archery, table tennis and badminton.		

	<p>Children were divided into 9 groups for 9 grassroots sports. The coaches in an informal way of learning introduced them to basic Olympic and sports values. Each trainer before starting a sport session discussed Olympic and sports values with children. Trainers used specific examples of each sport to bring closer all values. For example, handball trainers, through teaching them the basis of handball connected it to the topic of solidarity. Through the game, children were taught that unity, kindness, and respect are the segments of solidarity that can also contribute to a stronger teamwork.</p> <p>Group sports activities highlighted teamwork, fair play, equality, solidarity, and respect.</p> <p>This event contributed to raising awareness of the importance of sports values and their integration, i.e. increasing the capacity of the involved participants, and supporting a sense of cooperation and togetherness as fundamental premises for further cooperation.</p> <p>NOC BiH organized the event with the support of the Montenegrin NOC.</p> <p>The aim of the joint action was to promote the positive impact of grassroots sports and the values in sports which will result in stronger, more peaceful, and more connected communities.</p>
Website or useful links	https://okbih.ba/en/news/with-sports-values-we-strengthen-society-together/2431
Contact	Olympic Committee of Bosnia and Herzegovina: okbih.eu.projects@okbih.ba



Italy



Introduction

Italy, with its rich history, cultural heritage, and stunning landscapes, holds a prominent place on the world stage. This section offers a comprehensive introduction to Italy, exploring its unique attributes, demographic makeup, infrastructure, and notable sports facilities.

Country Factsheet: Italy

Population: Italy, with a population exceeding 60 million, is one of Europe's most populous countries. The majority of the population resides in urban areas, particularly in the northern regions, with Rome serving as the capital and cultural heart of the nation.

Facilities: Italy boasts a diverse array of modern infrastructure, including extensive transportation networks, world-class healthcare facilities, and renowned educational institutions. From ancient Roman aqueducts to cutting-edge high-speed railways, Italy's infrastructure reflects its rich history and commitment to innovation.

War Context: Italy's history is marked by a series of conflicts, alliances, and conquests, shaping its political and cultural landscape. From the Roman Empire to the Renaissance city-states and the unification of Italy in the 19th century, the nation has weathered numerous challenges on its path to unity and sovereignty.

Sports Facilities: Italy's passion for sports is evident in its impressive array of sports facilities, catering to a wide range of athletic disciplines. From iconic football stadiums like the San Siro in Milan and the Stadion Olympic in Rome to picturesque cycling routes in the Dolomites and state-of-the-art swimming complexes, Italy offers world-class venues for both amateur enthusiasts and elite athletes.

EDU CAMP			
Country	Italy	Timeframe	June-September 2023
Initiator	ASD KOSHIDO BUDO		
Promoted value(s) (Keep only what applies)	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels; 3. Providing quality coaching, instructions and coaching skill development to raise the overall level of play; 4. Emphasising fun and enjoyment to encourage people to participate and to continue to participate on long-term;	Type of practice (Keep only what applies)	- Awareness-raising initiatives - Other (Summer Programme in Sport)
Target group	Between 5 - 14 years old		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	Over this year we developed multi-sport activities to provide our athletes with the opportunity to acquire new skills from a variety of sports. This initiative helped participants improve their performance and, in some cases, in finding their best sporting dimension. We also took part in the CONI Center which aligns with CONI's (Italian National Olympic Committee) principles of educating in multi-sports. During the summer period, we held a multi-sport summer camp in which children had the opportunity to experience a variety of sports and create bonds of friendship. Coaches took turns among the groups therefore it was a challenging experience for them as well trying to avoid the "blindness" effect, that sports disciplines sometimes bring in the long run.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	Several children gained skills and abilities they did not develop in their disciplines and greatly improved throughout their experience. By exchanging knowledge with other groups of children from other disciplines, they also expanded their knowledge network. This best practice can be transferred by inviting coaches from different sports clubs as well as letting children from other sports disciplines (or having different abilities) make new experiences. This is a new way to help them enrich themselves through learning. This best practice can always be maintained because coaches coming from other sports disciplines could train children by transferring new skills to them.		
Website or useful links	https://educamp.coni.it/educamp.html		
Contact	olga.synda@gmail.com		

| SPORTS AS VALUE



ENTRA IN SQUADRA			
Country	ITALY	Timeframe	February - September 2018
Initiator	OPES ITALIA		
Promoted value(s) (Keep only what applies)	<ol style="list-style-type: none"> 1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels; 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding; 3. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term; 	Type of practice (Keep only what applies)	<ul style="list-style-type: none"> - Awareness-raising initiatives - Other (National Project)
Target group	High School students (14-19 years old) regardless of gender or ethnicity, people with disabilities & non-disabled people.		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	<p><u>How was the practice developed?</u></p> <p>Throughout the country, it consists of a variety of events organized by educational institutions in 11 Italian cities (Alghero, Caserta, Florence, L'Aquila, Milan, Padua, Palermo, Piacenza, Potenza, Rome and Turin). The project was created to promote social inclusion among young people of different age groups (14-19 years old) and from different social backgrounds, to counter social marginalization and dropout from sports, to help the psycho-physical growth of the individual, and to use sports activities as a means of inclusion and to spread the values of sports for future generations. The project aimed to combine sports well-being with inclusive dynamics and combat bullying and marginalization. The project's purpose, however, is not to reward or celebrate the strongest lineup, but to teach children about team dynamics, values, and even different roles. Throughout the project, a simple concept was used: within a group, as in a team, every individual contributes to the team, regardless of gender, age, background, or ability.</p> <p><u>What actions were put into place?</u></p> <p>Students, with or without disabilities, were given the opportunity to apply for activities or tournaments in futsal, basketball, and volleyball held at their schools.</p> <ol style="list-style-type: none"> 1. Sport activities: Futsal - Basketball - Volleyball 2. School events and tournaments with teams formed by students who were drawn both for the sports discipline and for the roles of: playing, coaching, press office, management, supporter and referee. In particular, according to the project regulations, a draw determined the composition of the formations (strictly mixed teams) and assigned each component a precise role. From the athlete to the referee, via the coach, president, team manager, press officer or supporter, young people involved were able to experience some interesting dynamics while learning about the organization and tasks of the staff who revolve around the world of sport. <p><u>Which results were obtained?</u></p> <p>The special project was developed in high schools in 11 Italian cities and achieved the following results:</p> <ul style="list-style-type: none"> o Promoting social inclusion, countering social marginalization and dropout from sports, helping the psycho-physical growth of the individual, spreading the values of sports, enabling young people to learn different relational dynamics and learning about the professional figures that revolve around sports. o The project was appreciated and used as a tool by students, teachers and school staff. In particular, Physical education teachers considered it a supportive tool for their teaching and to carry out their function as educators the best way. http://www.opesitalia.it/entra-in-squadra-convegno-giornata-finale/ 		
Learning and transferability	<u>How was the impact measured?</u>		

<p>(How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)</p>	<ul style="list-style-type: none"> o Data collection through questionnaires. They can be useful for teachers, schools, associations, public and private organizations, etc. o In the schools of the following Italian cities: Alghero, Caserta, Firenze, L'Aquila, Milano, Piacenza, Padova, Palermo, Potenza, Roma. o Some numbers to measure the impact: <ul style="list-style-type: none"> - 500 students at the final conference of the project - 117 students at the opening day in L'Aquila (Abruzzo) - 100 students at the final conference in Abruzzo <p><u>How can the practice be transferred to new contexts/areas?</u></p> <ul style="list-style-type: none"> o The project can even become a valuable tool that supports the physical education teachers, the key figures in the psycho-physical development and training of students, especially those students who have been forced to abandon a sport discipline. http://www.opesitalia.it/entra-in-squadra-pomezia/ o Through conferences, new events, new sport activities, initiatives and more schools to be engaged by using the same format. o The practice can be also transferred by inspiring Italian sports and the Third Sector world in the enhancement of sports practice. OPES made its own efforts to carry out initiatives involving institutions, local authorities, sports organizations and schools, trying to all roll up our sleeves together to make up for all those structural, infrastructural or planning deficiencies. <p><u>Can it be maintained on the long run?</u></p> <p>Yes, because:</p> <ul style="list-style-type: none"> o It conveys values that excessive competition in sports does not enhance or emphasize. In the long run, integrating and leveling everyone is the goal for the future. o On the one hand, it promotes sports and, on the other hand, it allows children to understand social dynamics and live meaningful experiences for their future by playing all those professional figures of the sports world.
<p>Website or useful links</p>	<p>http://www.opesitalia.it/page/1/?s=entra+in+squadra http://www.opesitalia.it/page/2/?s=entra+in+squadra http://www.opesitalia.it/entra-in-squadra-progetto-speciale-2018/ https://www.facebook.com/opesitalia/videos/1683317805082226/?ref=embed_video&t=1 https://www.youtube.com/watch?v=cMlhDusSvCA https://www.mywhere.it/53660/opes-italia-acquacetosa.html https://www.gazzettaregionale.it/giovanili/2018/09/27/news/opes-all-onesti-festa-dello-sport-con-entra-in-squadra-66191/ https://www.gazzettaregionale.it/cronaca-e-cultura/2018/03/28/news/entra-in-squadra-con-opes-casciotti-progetto-splendido-60077/</p>
<p>Contacts</p>	<p>E-mail: segreteria@opesitalia.it [1] Telephone: +39 06.49.77.83.90 [2] Telephone: +39 06.49.77.93.17</p>







27 SETTEMBRE ORE 11:00

ENTRA IN SQUADRA

IL NUOVO MODELLO DI PROMOZIONE SPORTIVA





FIGHT THE VIOLENCE			
Country	Italy	Timeframe	Twice a year
Initiator	The Shadow Project APS		
Promoted value(s) (Keep only what applies)	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels; 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding; 4. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term;	Type of practice (Keep only what applies)	- Regular event - Awareness-raising initiatives
Target group	From 16 to 60 years old. The majority of people were (80%) women but it was also open to men (20%) in order to counter the gender gap.		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	<p>A project based on the dissemination of the values of sports to combat violence. The event is organized in honour of the International Day for the Elimination of Violence Against Women. This good practice was developed as follows: the event offered a 1h30 workshop and a 1h30 training session. It is organized at least twice a year.</p> <p>Anti-violence associations and teams of professionals, mostly psychologists, were invited to the workshop to discuss and explain the issue of violence against women. This initial informational activity was followed by a sports session. In particular, combat sports were used, on the one hand, to raise awareness in people of their abilities; on the other hand, to reduce the gender gap.</p> <p>As concerns the results obtained:</p> <ul style="list-style-type: none"> - In terms of workshop and theory, it resulted in effective training about issues related to violence, both physical and psychological, as well as bullying. - As for the practical session, the training was much fun for the participants, but it brought also a sense of togetherness, increased self-esteem, as well as awareness-raising activities and technical learning. 		
Learning and transferability (How was the impact measured? How can the practice be	The impact was measured through satisfaction questionnaires.		

transferred to new contexts/areas, can it be maintained on the long run?)	<p>This good practice is easily transferable being sport a common and easily replicable vehicle. We used combat sport, which typically sees high male prevalence, but people can replicate the same event with other types of sports such as gymnastics and dance, which have high female prevalence. One of the main goals is to make it clear that there are no gender differences in sports practice and that any sport can be played by both women and men. Similarly, any kind of violence can happen to both men and women and in any sports context.</p> <p>It can be maintained in the long term because it can be easily replicated, moreover, the issue of violence against women is always of high impact. Therefore, training, both at theoretical and technical levels, is essential.</p>
Website or useful links	<p>www.theshadowproject.it</p> <p>https://www.turismoroma.it/en/events/fighttheviolence</p> <p>https://www.theshadowproject.it/fighttheviolence-sport-da-combattimento-nella-giornata-mondiale-contro-la-violenza-sulle-donne/</p>
Contact	<p>info@theshadowproject.it</p> <p>theshadowproject.pec@legalmail.it</p>





ORE 18.00 / **OPEN TALK**

CON IL TEAM TSP E OSPITI D'ECCEZIONE

INGRESSO GRATUITO

ORE 19.00 / **FIGHTWORK**

ALLENAMENTO DONNE E UOMINI SENZA CONTATTO

PRENOTAZIONE OBBLIGATORIA SUL SITO WWW.THESHADOWPROJECT.IT

SAN GABRIEL GYMNASIUM

(VILLA EUR)

PIAZZALE MARCELLINO CHAMPAGNAT, 2

ROMA, 00144

PRESSO SALA CAPITOLARE



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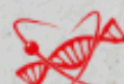
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NAME OF THE PRACTICE			
Country	Italy	Timeframe	Since 2014
Initiator	ASP Asilo Savoia		
Promoted values	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels; 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding; 3. Providing quality coaching, instructions and coaching skill development to raise the overall level of play; 4. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term; 5. Building community partnerships for economic benefits generated for host communities or increased visibility to promote them to new audience.	Type of practice	- Regular events and related campaigns - Awareness-raising initiatives - Educational programmes and materials - Other: Cooperation with local and national institution for socio-welfare and social-health
Target group	Athletes, sports staff, volunteers, local communities, European and International organizations		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	ASP Asilo Savoia considers sports as a tool for social inclusion for families in economic or social disadvantage and as a key factor for the recovery and regeneration of territories where several criminal organizations were eradicated. The Asilo Savoia Talent & Tenacity Programme for children and older individuals has been widely recognized as a real success experience by citizens, local and national media, as well as by institutions. In 2022 Asilo Savoia received the 2022 EU BeActive Award.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	Since 2014, the ASP Asilo Savoia established solid cooperation and legacies with local and national institutions for enhancing active participation in sports and active lifestyles of disadvantaged communities. Provides also educational courses for volunteers in grassroots sports.		
Website or useful links	http://asilosavoia.it		
Contact	info@asilosavoia.it		



Hungary



Introduction

This report presents a comparative analysis of two distinct European nations: Hungary and Sweden. Nestled in Central and Northern Europe respectively, Hungary and Sweden offer unique perspectives on history, culture, and governance. This section serves as an introduction to both countries, exploring their specific attributes, demographic compositions, infrastructural developments, and notable sports facilities.

Country Factsheet: Hungary

Population: Hungary, with a population of approximately 9.7 million, is a nation characterized by its diverse ethnic makeup and rich cultural heritage. Most of the population is Hungarian, with significant minority communities, including Roma, Germans, and Slovaks. While the Hungarian language may not be like any other European language, the country has extensive and historically established relations with all three main European ethnic and linguistic families: the Indo-European, the Slavic, and the Neo-Latin languages. For this reason, Hungary is especially capable of acting as a bridge between various cultures.

Facilities: Hungary boasts a robust infrastructure network, encompassing modern transportation systems, Located at the juncture of the 4 main European transport corridors, Hungary offers around 1,400 km motorways, an extensive railway network, and five airports. Hungary has excellent conditions to offer for knowledge-based industries. Hungary is among the world leaders in terms of Nobel Prize winners per capita, with well-trained labour force, graduates fluent in various languages, and a spectacular track record in terms of IT and software development (from John Neumann to Charles Simonyi or from LogMeIn to Prezi).

War Context: Hungary's history is marked by a series of conflicts, revolutions, and alliances, shaping its political and social landscape. From the medieval Kingdom of Hungary to the struggles for independence in the 20th century, the nation has faced various challenges on its path to sovereignty and prosperity.

Sports Facilities: Hungary has a strong sporting tradition, with world-class facilities spread across the country. From iconic venues like the Hungarian Formula 1 circuit and the Puskás Arena football stadium to the Danube Arena for swimming and the BOK Hall for indoor sports, Hungary offers top-notch facilities for athletes and spectators alike.

NAME OF THE PRACTICE: HYPERACTIVE SE			
Country	Hungary	Timeframe	since 2006 - ongoing
Initiator	Hyperactive SE (Hiperaktív Sportegyesület)		
Promoted value(s) (Keep only what applies)	2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding; 4. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term;	Type of practice (Keep only what applies)	- Regular event (sport training)
Target group	Children between 10-15 years old		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	<p>The Hyperactive SE is a therapeutic sports club where the children participating in sports are not physically disabled, but unfortunately, they increasingly struggle with partial capacity disorders, behavioural and emotional problems.</p> <p>The goal of the sports club is to assist these young individuals, facilitate their integration into the community, mitigate learning and behavioural disorders, develop their personalities, and provide a positive experience for them through sport.</p> <p>Fencing is employed as a well-established therapy that significantly contributes to children's development, especially in cases of learning and behavioural issues. The therapy lasts for 3 years, during which time they acquire the skills needed to integrate into other communities and</p>		

	<p>participate in club activities. Pentathlon is introduced as an advancement option into the existing system after the therapeutic period. Following therapy, they gradually begin running, swimming, and learning marksmanship at their own pace.</p> <p>Currently, training sessions take place at two locations (Cházár András Street and Árpád Street), integrated into the schedules of elementary school branches. Additionally, the club welcomes interested individuals twice a week outside the school's students. They continuously work individually with several children, aiming for personalized, diverse results.</p> <p>The children participate in national championships multiple times a year, showcase their skills at the School Olympics, and compete in various house competitions. These occasions are crucial for processing experiences of failure, maintaining emotional control, and, not least, travelling, exploring other cities and meeting people, thereby enhancing their adaptability.</p>
<p>Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)</p>	<p>There is no regular measurements introduced by the club as it aims to provide opportunities for kids to grow in their own space meanwhile having fun. Transferring the mentioned program to new communities involves careful planning and adaptation to the specific needs and resources. Before adopting it somewhere else it is worth checking the following points:</p> <ul style="list-style-type: none"> • The available resources, exploring opportunities for collaboration with local entities and local schools to create a supportive network. • Share experiences and collaborate with other organizations working on similar initiatives. • It requires special training for local coaches, instructors, and volunteers to ensure they can effectively implement the program. • Build flexibility into the program to accommodate changes in the community or unforeseen challenges.
Website or useful links	Unfortunately, there is no separate website existing for the club.
Contact	hiperse@gmail.com

NAME OF THE PRACTICE: Fair Play Football Roadshow			
Country	Hungary	Timeframe	since 2007 - ongoing
Initiator	Oltalom Sport Association		
Promoted value(s) (Keep only what applies)	1. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding; 2. Providing opportunities for cross-border competition, grassroots sports activities, international cooperation	Type of practice (Keep only what applies)	- Regular event
Target group	At-risk and marginalized communities: refugees and migrants, low socio-economic status members of the society.		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	<p>Since 2007, Oltalom Sport Association has been using football3 to contribute to a more inclusive society. Football3 tries to take away the competitive edge of football and creates opportunities where groups from different social backgrounds can engage into dialogue in a safe environment in parallel with creating opportunities to, as a hidden curriculum, to support the development of life skills that are transferable from pitch to everyday life. The name football 3 derives from the three 'halves', a football3 game is clogged together. Besides the players, the key person to the games is that of the football3 mediator, who can be easily mixed up with a referee. The main difference between the two is the nature of the relationship the mediator and the referee have with the athletes. A football3 mediator is never using the whistle and during the game intervenes only, when players indicate by raising their hands. During the games, she/he only intervenes in a way that encourages the players to find a solution to the occurring conflict and guides them through the process.</p> <p>In the first half, participating teams get together in the pre-match discussion, and with the coordination of the mediator, agree on the framework (e.g. rules) they would play in the second half, during the 10-minute game. In the third half, the post-match discussion allows players to reflect on the match including a special point of view of how they were able to keep the rules they set up at the beginning of the game and how they could take responsibility for their own decisions.</p> <p>The point system supports inclusivity since the result of the match adds up from the match points and from the fair play points that are given by each team to the other in the third half based on their performance in the first and second half. Thus it can occur, that not the best team, but the less talented though the fairest team will win the tournament, who could act as a team and could see the differences between the team members as an additional value to the whole group.</p> <p>Football3 encourages players to be active not only on, but also off the pitch by actively participating in the discussions and shaping the framework of their own game</p> <p>Since 2012, the Association has been organizing the Fair Play Football Roadshows, where with the use of football3, we aim to foster social inclusion and tolerance not only for our players but also for members of the host society. Our belief is that if the majority of society sees and experiences representatives of minority groups in different roles than is conveyed by mainstream media, it can foster a change in people's mindset. Positive</p>		

	<p>experiences can turn into changes in attitudes which will find their way into everyday life situations. During the tournaments we aim to bring closer different social groups living next to each other, who, in their everyday life usually don't, or rarely engage in conversation, and if they do so, most of the time these dialogues are full of tensions and in extreme cases, hatred.</p> <p>Encourage dialogue between the two groups in a safe environment, with an emphasis on their shared passion, during a football3 game where they need to come to an agreement regarding their own game, with the presence of a football3 mediator might be a start for the groups to find a channel to each other, through which they are able to start, maintain, and with time improve a positive and progressive relationship which also serves their local community. Our aim is that they reach a level, where instead of only living next to each other, they rather live together.</p>
<p>Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)</p>	<p>The key person of the Fair Play Football Tournament and the football3 method is that of the mediator. By identifying and training key members of the specific communities (e.g. neighbourhood, educational institutions, religious/cultural communities) to be mediators, the results and effects of the football3 methodology will be sustained in the various groups.</p> <p>Key persons from the communities have the best local knowledge regarding the social climate of the area, therefore they are the assurance that the methodology will be adjusted to the local realities and opportunities with the highest involvement and engagement from the locals.</p> <p>Players who have been participating in training sessions and tournaments where football3 is being used are much more open to people of different nationalities, which reflects in their own relationships not only on but also off the football field. They feel safe and comfortable to interact with people with different backgrounds and also, be able to create an environment where everyone feels secure to express themselves. Girls and boys, migrants, members of minority groups and host societies playing together on the same pitch become a natural experience, which experience escorts them through their life and as a result, they learn to treat each other as equals on and off the pitch.</p> <p>By mediating football games, our mediators gain a set of skills which help and guide them in academic settings, in employment and in everyday situations.</p> <p>Learn about their rights to raise their voice and their right to be heard. opportunities and abilities to raise their voice</p> <p>Both players and mediators show more sensitivity and interest towards social issues, in their respective communities, they contribute in the long term to the breakdown of stereotypes and last but not least, consciously or unconsciously they contribute to a more open and inclusive society.</p> <p>The impact of football3 is easier to measure in the long term. In terms of quantitative measures, the attitudes of players and communities, who have met the method can be assessed with various attitudes scales.</p>

	As for qualitative measurement, being inclusive is a concept that is hard to assess properly. Therefore changes in behavioural patterns and approaches to specific situations, and the ability to use certain life and hard skills could be an indicator of the positive effect of the football3 method.
Website or useful links	website: http://utcaifoci.hu/oltalom-sport-association/our-activities/fair-play-football-roadshow/ Mobile course for football3 mediators and football3 trainers: https://football3.nimbl.uk/fb3/login/ (also available on Google Play and App store)
Contact	info@utcaifoci.hu



| SPORTS AS VALUE





Sweden



Introduction

Nestled in Scandinavia, Sweden is a nation of striking natural beauty, rich cultural heritage, and progressive society. This section aims to provide an introduction to Sweden, offering insights into its unique characteristics, demographic composition, infrastructure, historical context, and notable sports facilities.

Country Factsheet: Sweden

Population: Sweden, with a population of over 10 million people, is known for its vast forests, numerous lakes, and vibrant cities. The population is largely urbanised, with significant concentrations in Stockholm, the capital, as well as Gothenburg and Malmö.

Facilities: Sweden boasts modern infrastructure, including efficient public transportation networks, advanced healthcare facilities, and world-class educational institutions. From the historic streets of Gamla Stan in Stockholm to the contemporary design of the Turning Torso skyscraper in Malmö, Sweden seamlessly blends tradition with innovation.

Historical Context: Sweden's history is characterised by its Viking heritage, mediaeval kingdoms, and modern welfare state. From the era of the Viking expansion to the Swedish Empire of the 17th century and the social reforms of the 20th century, Sweden has experienced significant historical developments that have shaped its identity and society.

Sports Facilities: Sweden offers a wide range of sports facilities catering to various interests and activities. From the iconic Friends Arena in Stockholm, hosting football and concerts, to the scenic ski resorts of Åre for winter sports enthusiasts, Sweden provides ample opportunities for sports participation and spectatorship throughout the year.

NAME OF THE PRACTICE:		SCORE	
Country	Sweden/Portugal/Croatia/Finland/, Cyprus/Lithuania/Germany/UK/	Timeframe	2015-2016
Initiator	European Non-Governmental Sport Organisations (ENGSO)		
Promoted value(s) (Keep only what applies)	1. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding; 2. Providing opportunities for cross-border competition, grassroots sports activities, international cooperation	Type of practice (Keep only what applies)	- Awareness-raising initiatives - Educational programmes and materials
Target group	coaches, trainers, former athletes, volunteers and decision-makers in the field of coaching		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	<p>'Strengthening Coaching with the Objective to Raise Equality' (SCORE) is a European project supported by the Erasmus+ Programme, led by the European Non-Governmental Sports Organisation (ENGSO), which promotes equal opportunities, namely gender equality in coaching, and focuses on increasing the number of employed and volunteer women coaches at all levels of the sport. It also aims to enhance knowledge of gender equality in coach education.</p> <p>The SCORE programme team has worked to create a toolkit of information which can be used by any organisation wishing to recruit, develop or retain women in their coaching workforce, at any level.</p> <p>In the toolkit, organisations can see some examples of how SCORE partner countries (13 countries in total) are developing gender equality in their coaching systems. These give practical ideas on the different topics explained and can be very useful when an organisation wishes to contribute to a change.</p> <p>As the project is looking to effect a cultural change in sport, it should be recognised that changes may take time to embed and show any real impact. There are no quick fixes when effecting sustainable change.</p>		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	<p>The project trained a group of mentors who had a mission to start a mentoring program for women coaches. The number of mentoring programs activated and the number of women who started the program to become coaches was the way how the impact was measured.</p> <p>The information included is not sport-specific to allow organisations to use whatever guidance they may find useful, therefore it is easily adaptable by any grassroots organisation.</p> <p>So far the toolkit has been used and adapted by the World Rugby Federation, the Rowing Federation UK and other minor clubs.</p>		

	The program can be maintained in the long run because it is based on the general barrier that prevents women from accessing coaching careers. It is not country or context-specific but contains basic steps to implement in order to activate the process to get more women into coaching. ENGSO hopes to contribute to this project to help to close the gender gap in coaching in the field of sports.
Website or useful links	https://www.engso-education.eu/projects/score/
Contact	Sg@engso.eu

Portugal



Introduction

Situated on the Iberian Peninsula, Portugal is a country with a rich history, vibrant culture, and diverse landscapes. This section serves as an introduction to Portugal, providing insights into its unique characteristics, demographic composition, infrastructure, historical context, and noteworthy sports facilities.

Country Factsheet: Portugal

Population: Portugal, with a population of over 10 million, is known for its warm hospitality and laid-back lifestyle. Most of the population resides in urban areas, particularly in Lisbon, the capital, and Porto, the second-largest city.

Facilities: Portugal boasts modern infrastructure, including well-developed transportation networks, healthcare facilities, and educational institutions. From the historic landmarks of Lisbon's Belem Tower to the modern architecture of Porto's Casa da Música, Portugal's facilities blend tradition with innovation.

War Context: Portugal has a storied history marked by exploration, conquest, and periods of political upheaval. From the Age of Discovery to the Carnation Revolution in 1974, the country has experienced significant transformations, shaping its identity and global influence.

Sports Facilities: Portugal offers a range of sports facilities catering to various athletic disciplines. From the iconic Estádio da Luz in Lisbon, home to S.L. Benfica, to the scenic Algarve International Circuit for motorsports, Portugal provides chances for sports enthusiasts and professionals alike.

NAME OF THE PRACTICE: Adapted korfbal for intellectual disabilities			
Country	Portugal	Timeframe	Since 2016
Initiator	Federação Portuguesa de Corfebol		
Promoted value(s) (Keep only what applies)	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels; 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding; 4. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term;	Type of practice (Keep only what applies)	- Regular event - Educational programmes and materials
Target group	People with disabilities, particularly cognitive disabilities		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	Adapted korfbal for intellectual disabilities has been a strategic line of the federation since 2016, with a progressive expansion throughout the country involving more than 60 institutions and hundreds of players. This is a project of inclusion through sport, of great strategic importance and of extreme opportunity for the federation and for national sport. Corfbal is a mixed sport that promotes values of equality and integration.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	The impact is measured by direct contact with practitioners, trainers and other agents. Due to the specific nature of the project, this is the best way to see the impact on all the participants. As mentioned earlier, this project has managed to have new contexts and partnerships, which have allowed it to develop sustainably since 2016. The various partnerships and collaborations with local authorities, specific institutions for people with intellectual disabilities, clubs and government organisations are the best image of this project's impact and that it has managed to reach new contexts.		
Website or useful links	www.fpcorfebol.pt https://www.facebook.com/FPCorfebol		
Contact	fpc.sg.pg@gmail.com		



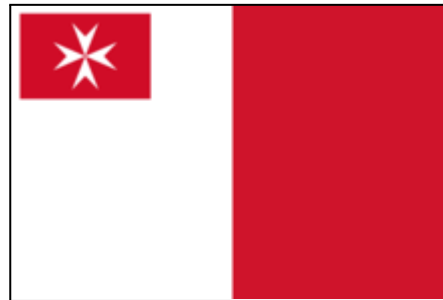
NAME OF THE PRACTICE: The Hour of Super Quinos			
Country	Portugal	Timeframe	Since 2022
Initiator	Federação Portuguesa de Futebol		
Promoted value(s) (Keep only what applies)	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels. 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding. 3. Providing quality coaching, instructions and coaching skill development to raise the overall level of play. 4. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term.	Type of practice (Keep only what applies)	- Regular event - Codes of conduct and codes of ethics - Educational programmes and materials
Target group	Primary school children		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	The project is one of the programmes in the "Football 2030" strategic plan, launched by the FPF in April 2022, and aims to develop the motor skills of primary school children by offering Physical Activity and Sport in Curricular Enrichment Activities. Despite being a programme run by the Portuguese Football Federation in partnership with the 22 District Football Associations, the aim of the project is to promote physical activity and sport as fundamental elements for a healthy lifestyle and the positive values associated with sport, as well as raising awareness of key issues such as nutrition and sleep.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	The SuperQuinas Hour began in April 2022, but its kick-off was in January of the same year, in pilot project mode - developed over three months, involving more than 1,300 children from 44 primary schools located in 24 of the country's municipalities. The conclusions of the work proved the need and urgency of increasing physical activity in the country's schools and the practical results of the programme with children - link . The project began with around 150 municipalities in Portugal		
Website or useful links	https://superquinas.fpf.pt https://www.fpf.pt/pt/News/Todas-as-not%C3%ADcias/Not%C3%ADcia/news/41759		
Contact	press@fpf.pt		



NAME OF THE PRACTICE: Walking Football			
Country	Portugal	Timeframe	Since 2023
Initiator	Federação Portuguesa de Futebol		
Promoted value(s) (Keep only what applies)	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels; 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding; 3. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term;	Type of practice (Keep only what applies)	- Occasional event or campaign - Codes of conduct and codes of ethics - Awareness-raising initiatives
Target group	+ 50 years old		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	Everyone counts, everyone can play football. The phrase doesn't come from anyone in particular, but it sums up the idea of Walking Football very well. Walking Football is an adapted form of football, which involves walking, without physical contact and which, according to the regulations of the Portuguese Football Federation, is aimed at people aged 50 and over, with the aim of encouraging sports practice and social interaction. The first event took place in July 2023, Oeiras, and was attended by hundreds of practitioners, with an average age of 63, from 22 district associations.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	In January of this year, the FPF and the Porto Football Association began developing a pilot project for the implementation of Walking Football, the aim of which is to develop the sport in the Porto district, study the impact on the health and well-being of players and understand the challenges of implementing it on a large scale. The pilot project is based on four pillars: - Promoting the sport as a new sporting offer for people who enjoy football and are aged 50 or over; - Being closer to the community by enabling the creation of new teams; - Challenging more women; - Improve the quality of life of players in terms of physical and mental health, social integration and socialising. To this end, five municipalities will take part in this project: Amarante, Gondomar, Marco Canaveses, Porto and Vila Nova de Gaia. In each municipality there will be teams represented by clubs, parish councils, private social solidarity institutions, charities and senior universities. The initiative will involve more than 425 participants, 375 of them practitioners and 50 STAFF members, between 2 January and 30 June 2024.		

	In order to support the teams, the FPF and AFP will provide a kit of sports equipment, including balls, goals and waistcoats, a digital manual to support Walking Football teachers/coaches and specific training sessions on health, exercise and training adapted to ageing. The results will be announced at an event organised for this purpose in Porto in May 2024.
Website or useful links	https://www.fpf.pt/pt/News/Todas-as-not%C3%ADcias/Not%C3%ADcia/news/42872 https://www.fpf.pt/pt/Galeria/gallery/882 https://www.fpf.pt/pt/News/Todas-as-not%C3%ADcias/Not%C3%ADcia/news/40679
Contact	press@fpf.pt

Malta



Introduction

Malta is an island situated in Mediterranean Europe. It offers a unique perspective on history, culture, and governance. Malta is the legal seat of European and International sports organisations, which aim to combine sports and education.

Country Factsheet: Malta

Population: Malta, with a population of approximately 500,000, is one of the smallest and most densely populated countries in the world. Most of the population resides on the main island of Malta, with significant communities also living on Gozo and Comino.

Facilities: Malta boasts modern infrastructure, including efficient public transportation systems, healthcare facilities, and educational institutions. From the historic landmarks of Valletta, the capital city, to the bustling tourist resorts along the coastline, Malta's facilities cater to residents and visitors alike.

War Context: Malta has a rich history of strategic importance, often serving as a battleground for competing powers in the Mediterranean. From the ancient Phoenicians and Romans to the Knights of St. John and World War II, Malta's strategic location has shaped its history and culture.

Sports Facilities: Despite its small size, Malta offers a variety of sports facilities, ranging from football stadiums to water sports centres. Key venues include the National Stadium in Ta' Qali for football and the Malta National Pool for swimming and aquatic sports.

NAME OF THE PRACTICE: The Europea Dual Career Network			
Country	Malta	Timeframe	Since 2004
Initiator	Risto Kesitalo and Bengt Nybelius with support of EU Commission during The European Year of Education Through Sport (EYES)		
Promoted value(s) (Keep only what applies)	1. encouraging the holistic development of European sportspersons (athletes, coaches, physical trainers, referees, and sportsmanagers) 2. helping European sportspersons in combining high performance sport and education/work. 3. helping institutions to develop dual career policies and services	Type of practice (Keep only what applies)	- Annual European Dual Career Conference - Publication of scientific findings in dual career - Awareness-raising online café - Cooperation with European Institutions (European Parliament, European Commission, Council of Europe) Sports organizations (EUSA), and Scientific Societies in Sports Sciences (SISMES).
Target group	School and university athletes, employee-sportspersons, Sports Organizations, Educational Institutions, Scientific Societies		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	The main aim is to support European sportspersons in combining high performance sport and education/work. Supporting the “dual career” means that the EAS-Network strives to optimise the training conditions for sportspersons as students or workers but also that their future gets secured by making it possible for them to get an education or vocational training, so that they have a safe platform to start from when their sports career is over.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	The ambitions of EAS are: To find and unite partners who are involved in high performance sport and education/work; To identify and exchange the best practices between countries and institutions; To present suggestions to the decision makers about the conditions for improving high performance sport and education; To act as a link between educational institutional and for-profit companies and sports organisations; To develop research projects in the field of sport and education/work.		
Website or useful links	http://www.dualcareer.eu		
Contact	info@dualcareer.eu		

NAME OF THE PRACTICE: The International Judo Federation (IJF) Academy Foundation			
Country	Malta	Timeframe	Since 2013
Initiator	The International Judo Federation (IJF)		
Promoted value(s) (Keep only what applies)	1. to provide professional education in all sectors judo. 2. The IJF is the only international sports federation with an accredited higher education institute, the Malta Further and Higher Education Authority.	Type of practice (Keep only what applies)	<ul style="list-style-type: none"> - Courses are delivered through a blended programme, with all the theoretical lessons provided online and the practical sessions ran in one or two weekly sessions. - Publication of scientific findings in the international journal Arts and Science in Judo - Cooperation with European Institutions for Judo-related ERASMUS+ Cooperative Partnerships
Target group	Judo coaches, judo managers, national and international Judo Federations, Educational Institutions		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	Judo is considered an educational sport by excellence. The IJF Academy aims to educate coaches and to help former judokas continuing their path in judo as coaches. The Academy is an important tool that helps spreading the knowledge and values of judo all over the world, including countries with less tradition and experience in this sport, but with a great potential and desire to develop judo. One third of the IJF members are using the courses of the Academy, some countries even organizing their own national courses or teaming up with other countries for regional courses. The current number of graduates is close to 400 and it continues increasing.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	<p>The IJF Academy customized curriculum and state-of-the-art on-line theory courses are available in many languages, The Academy has become a real instrument, a benefit for the IJF as well as for the National Federations and judo in general. For the financial support of these courses IJF Academy partnered up with Olympic Solidarity and the National Olympic Committees, securing a maximum and optimal participation of all the students.</p> <p>The IJF Academy courses contribute to the development of judo from grass-roots to elite level, Recently, IJF contributed to the development of an evidence- and eminence-base e-learning multi-lingual educational programme (EdJCO), specifically tailored for judo coaches of older individuals (EdJCO).</p>		
Website or useful links	https://academy.ijf.org		
Contact	info@ijf.edu.mt		

Slovenia



Introduction

Nestled in the heart of Europe, Slovenia is a country of breathtaking landscapes, rich cultural heritage, and a blend of Mediterranean, Alpine, and Pannonian influences. This section aims to introduce Slovenia, offering insights into its distinctive characteristics, demographic composition, infrastructure, historical context, and notable sports facilities.

Country Factsheet: Slovenia

Population: Slovenia, with a population of approximately 2.1 million, is known for its stunning natural beauty and rich cultural heritage. Most of the population resides in urban areas, particularly in the capital city of Ljubljana and the industrial hub of Maribor.

Facilities: Slovenia boasts modern infrastructure, including well-developed transportation networks, healthcare facilities, and educational institutions. From the historic architecture of Ljubljana's Old Town to the modern amenities of the BTC City shopping and entertainment complex, Slovenia offers a blend of tradition and innovation.

War Context: Slovenia's history is marked by periods of foreign rule, resistance, and independence struggles. From the medieval Duchy of Carinthia to the Yugoslav era and the peaceful secession in 1991, Slovenia has navigated various challenges on its path to sovereignty and stability.

Sports Facilities: Slovenia offers a range of sports facilities catering to diverse interests and preferences. From the Stožice Stadium in Ljubljana for football and athletics to the Planica Nordic Centre for winter sports, Slovenia provides ample opportunities for sports enthusiasts and athletes to engage in their favourite activities.

NAME OF THE PRACTICE			
European University Games			
Country	Slovenia	Timeframe	Since 2016
Initiator	European University Sport Association Institute		
Promoted values	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels; 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding; 3.. Providing opportunities for cross-border competition, grassroots sports activities, international cooperation;	Type of practice	- Regular events and related campaigns - Awareness-raising initiatives - Educational programmes and materials - Other: Cooperation with European organizations, and policymakers at the European Union and the Council of Europe levels
Target group	Athletes, sports staff, volunteers, local communities, European and International organizations		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	The EUSA Institute is a non-profit non-governmental organisation with the aim to support the development of sport in Europe within and beyond the university context. It carries out professional, technical, and organisational tasks aimed at providing education in sports, partnering with European and National University Sports Associations and other organisations. It organised regular sports events, carrying out sports activities and projects, and providing education in sports by means of seminars, workshops and other educational events and activities in relation to sports and education for its members and stakeholders (e.g., individuals, interest groups, civil society, non-governmental organisations, natural persons and legal entities) at local, national and international levels.		
Learning and transferability (How was the impact measured? How can the practice be	Since 2016, the EUSA Institute established solid cooperation and legacies with local, national, and international sports bodies, also through European Collaborative Partnerships. They support student-athletes and sports staff, including volunteers.		

transferred to new contexts/areas, can it be maintained on the long run?)	
Website or useful links	https://www.eusa.eu/eusa/about-eusa/institute
Contact	office@eusa.eu

Croatia



Introduction

Nestled along the Adriatic Sea, Croatia is a country of stunning natural beauty, rich cultural heritage, and a thriving tourism industry. This section aims to introduce Croatia, shedding light on its unique characteristics, demographic composition, infrastructure, historical context, and notable sports facilities.

Country Factsheet: Croatia

Population: Croatia, with a population of approximately 4 million people, is known for its warm Mediterranean climate and hospitable locals. The population is urban, with major cities like Zagreb, the capital, and Split, a coastal gem, serving as cultural and economic centres.

Facilities: Croatia boasts modern infrastructure, including well-maintained transportation networks, healthcare facilities, and educational institutions. From the ancient Roman amphitheatre in Pula to the picturesque Plitvice Lakes National Park, Croatia's facilities blend natural wonders with cultural landmarks.

Historical Context: Croatia's history is marked by a rich tapestry of influences, from its time as a part of the Roman Empire to the medieval Kingdom of Croatia and the more recent struggles for independence in the 20th century. The country's historical heritage is reflected in its architecture, traditions, and national identity.

Sports Facilities: Croatia offers a variety of sports facilities catering to different athletic pursuits. From the iconic Poljud Stadium in Split, home to Hajduk Split football club, to the challenging trails of Paklenica National Park for outdoor enthusiasts, Croatia provides many opportunities for sports and recreation.

NAME OF THE PRACTICE			
UniSport Heart Foundation			
Country	Croatia	Timeframe	CASF Since 1994- UniSport Heart in 2023
Initiator	Croatian Academic Sports Federation (CASF)- UniSport Heart Foundation		
Promoted values	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels; 3. Providing quality coaching, instructions and coaching skill development to raise the overall level of play; 6. Leveraging technology, tools for promoting grassroots sports by providing platforms for communication, organizing events, and tracking progress;	Type of practice	- Regular events and related campaigns - Awareness-raising initiatives - Educational programmes and materials
Target group	Athletes, sports staff, volunteers, local communities, European and International organizations		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	The UniSport Heart Foundation cooperates with the Croatian Academic Sports Federation (CASF) in the organization of major university games at local, national, and European levels. Acting on multiple levels, its motto "Heart believes, mind achieves" highlights the vision and goal of the Foundation, which encompasses the development of a legacy with academic sports and general communities going well beyond the university context.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	CASF and UniSport Heart Foundation established solid cooperation and legacies with local, national, and international sports bodies, also through European Collaborative Partnerships. They support student-athletes and sports staff, including volunteers.		
Website or useful links	https://zaklada.unisport.hr/en/		
Contact	zaklada@unisport.hr		

Germany



Introduction

Located in the heart of Europe, Germany is a nation steeped in history, renowned for its cultural contributions, and celebrated for its technological advancements. This section aims to provide an overview of Germany, highlighting its distinctive features, demographic makeup, infrastructure, historical background, and notable sports amenities.

Country Factsheet: Germany

Population: With a population exceeding 83 million people, Germany is one of the most populous countries in Europe. The population is diverse, comprising various ethnicities and cultures, with significant concentrations in major urban centers such as Berlin, the capital, and Munich, a cultural and economic hub.

Facilities: Germany boasts world-class infrastructure, including efficient transportation systems, innovative healthcare facilities, and top-tier educational institutions. From the historic charm of Berlin's Brandenburg Gate to the contemporary architecture of Frankfurt's skyscrapers, Germany seamlessly blends its rich heritage with modern innovation.

Historical Context: Germany's history is characterised by a tapestry of events, from the Holy Roman Empire to the tumultuous periods of World War I and World War II. The country has undergone profound transformations, including the fall of the Berlin Wall in 1989, which symbolised the reunification of East and West Germany and marked a new era of unity and progress.

Sports Facilities: Germany offers a wide array of sports facilities catering to diverse interests and activities. From the iconic Allianz Arena in Munich, home to FC Bayern Munich, to the legendary Nürburgring racetrack for motorsports enthusiasts, Germany provides a lot of opportunities for sports enthusiasts and professionals to thrive.

NAME OF THE PRACTICE			
Country	Germany	Timeframe	Since 1948
Initiator	German University Sports Federation (ADH)		
Promoted values	1. Encouraging multi-sport participation by promoting the participation of individuals to increase overall physical activity levels; 2. Fostering a culture of inclusivity and cultural exchange to promote mutual understanding; 4. Emphasizing fun and enjoyment to encourage people to participate and to continue to participate on long-term; 5. Providing opportunities for cross-border competition, grassroots sports activities, international cooperation.	Type of practice	- Regular events and related campaigns - Awareness-raising initiatives - Educational programmes and materials
Target group	Athletes, sports staff, volunteers, local communities, European and International organizations		
Short Description (How was the practice developed, what actions were put into place, which results were obtained?)	The ADH is committed to the development of university sports and acts at the interface between sport and education. In being involved in organised sport at national and international levels, ADG takes into account socio-political contexts and promotes the principles of sustainability, fair play, ecology, inclusion, democratic understanding, open culture, diversity, and equal opportunity. ADH organizes university sports events with a strong legacy with general communities at local, national, European, and International levels, going well beyond the university context.		
Learning and transferability (How was the impact measured? How can the practice be transferred to new contexts/areas, can it be maintained on the long run?)	Through its national university championship (DHM), the German University Cup (DHP), and ADH-Open and ADH-Trophy events, the participation in the EUSA Games (EUG) and Championships (EUC), and the FISU World University Games and Championships (WUC), ADH empowers university students through sports. Furthermore, ADH supports health-promoting changes in the university environment, promotes physical, mental and social health of all university members and plays a relevant role in health promotion through the successful joint initiative with Techniker Krankenkasse (TK) "Bewegt studieren – Studieren bewegt!" since 2017. They support student-athletes and sports staff, including volunteers.		
Website or useful links	https://www.adh.de/en/		

Contact	https://www.adh.de/en/rhine-ruhr-2025/contact/
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