



# Erasmus+ Sport 2019.

Projekti odabrani za financiranje  
Statistika i primjeri





# Statistika

Ukupna sredstva na raspolaganju	49,8 mil EUR
Sufinanciranje	100%
Ukupno odobreno:	260 projekata
Odobreni projekti hrvatskih nositelja:	20
Ukupno projekata u kojima sudjeluju hrvatski partneri:	64
Projekti u kojima sudjeluju nositelji/partneri iz Rijeke:	19

Više informacija na:

[https://eacea.ec.europa.eu/sites/eacea-site/files/sport\\_compendium\\_2019.pdf](https://eacea.ec.europa.eu/sites/eacea-site/files/sport_compendium_2019.pdf)

## Opis projekata odabranih za financiranje





## YOUAca 2.0: Youth Academy of Grassroots Sport

Budžet: 67,050.00 Sufinanciranje 89.49 %

Vodeći partner: DER CONFEDERATION SPORTIVE INTERNATIONALE DU TRAVAIL, Beč

Hrvatski partner: UDRUGA AKADEMIJA ZDRAVOG ŽIVLJENJA, Pula

Starting from the first experience of the Eu funded small collaborative partnership project YOUAca, the project YOUAca 2.0, with a partnership of 6 National sports organizations, coordinated by an International Sports Confederation, from 6 Eu Countries (Austria, Italy, Spain, Finland, Estonia and Croatia) aims at delivering the first edition of Youth Academy of Grassroots Sport, preparing a new generation of young leaders in grassroots sport at national and international level. This objective will be pursued implementing the Academy in order to develop skills of youngsters and young adults in grassroots sports management by the delivering of the training modules developed during the first edition of the project. The Academy will be implemented during 2 transnational meetings and an internship, engaging globally 50 youngsters and young adults and 27 experienced senior sports leaders. The key strategies of the entire project are the “learning by doing” approach and the intergenerational dialogue method. Moreover, in order to enhance the skills developed, YOUAca 2.0 has an innovative aspect: the establishment of a team of peer trainers composed of the best young leaders evaluated at the end of the first edition, so to promote the transition from users to managers in their sport organizations. In this edition a platform will be designed and tested becoming the main tool aimed at promoting connections and ideas between the sport organization’s members (youngsters and adults) both at national and international level. The dissemination strategy will be implemented through these activities and tools: 2 transnational meetings, 2 interactive conferences, 1 final conference, the project’s guidelines, a web platform, a promotional video. All the project’s outputs will be promoted during the main events organized by the partner organizations at national and international level and they will be part of the YOUAca toolkit aimed at engaging other sport organizations.



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## Evidence-based Prevention Of Sporting-related Match-fixing

Budžet: 398,090.00 Sufinanciranje 100 %

Vodeći partner: UNIVERSITEIT GENT

Hrvatski partner: HRVATSKI OLIMPIJSKI ODBOR

The first aim of this project is to examine the prevalence of sporting-related match-fixing in seven different countries, in multiple sports disciplines. The second aim is to share and transfer the knowledge on sporting-related match-fixing, gathered throughout the project. The third aim of the project is to raise awareness and stimulate the moral judgment on sporting-related match-fixing. The project consists of three parts. First, during the academic part a questionnaire on sporting-related match-fixing will be conducted in seven different countries. In each country, three sports disciplines will be examined. In sum, the academic part will reach around 2700 questionnaire respondents. Second, the knowledge gathered throughout the academic part will be shared and taught throughout the training part. During the training part, three action plans will be elaborated in each country, each for one of the examined sports disciplines. In a second phase, three workshops will be organised in each country, each focusing on one of the examined sports disciplines in the respective country. During the training part, around 630 stakeholders will participate in the training workshops. Third, the results of the EPOSM project will be disseminated during the dissemination part of the project, consisting of:

- During the yearly conference of the European Association for Sport Management (EASM) in Innsbruck, Austria (September 2021), an academic workshop on the EPOSM project will be held.
- Multiple scientific journal articles
- One multiplier event
- One book with the results of the project
- Online dissemination of the results of the project





## SPORTS IN PRISON, A PLAN FOR THE FUTURE

Budžet: 355,657.00 Sufinanciranje 100 %

Vodeći partner: DE RODE ANTRACIET VZW, Den Haag

Hrvatski partner: UDRUGA ZA KREATIVNI SOCIJALNI RAD, Zagreb

Within SPPF we will identify programs that facilitate a transferral to the outside world. By introducing sport federations, clubs, trainers, volunteers, ... in prisons we hope to create a process that will have its effect on the prisoners while in prison but will mainly guide them towards an engagement in sports after their sentence. This way we strive for positive effects on rehabilitation, empowerment, social inclusion, social impact. At the moment there is an absence/shortage of sport programs that bridge the gap between prison and society. This project addresses the need for more connection between both. SPPF believes in a joint venture of services/clubs both outside and inside prison. To prepare prisoners for a life after prison, we will set up projects and sport activities in collaboration with the sporting community. We want to establish the connection by developing a broad-based sports/process that contributes to the general well-being of the prisoner inside the walls; that will prepare them for a follow-up trajectory outside prison walls. The project can have a direct impact on the social environment inside the walls but can also contribute to its immediate social environment through the development of a trajectory outside the walls. It's important that the organisations, clubs,... we will work with, all have a focus on mental, physical health and social wellbeing. We will also look for partners who have connections to a work and learning network. In order to develop a roadmap for the different services, clubs, organisations involved we will develop, test and implement learning areas in several European countries. These learning areas will be based on scientific and valid research done by the VUB and will lead to a toolkit for sport and social organisations, governments and other stakeholders to set up good and sustainable practices on a local level within a European context.



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## “Social cycling and cultural biking”

Budžet: 53,700.00 Sufinanciranje 100 %

Vodeći partner: OBSHTESTVEN KOMPAS SDRUZHENIE, Bugarska

Hrvatski partner: PANNONIAN, Osijek

“Social cycling and cultural biking” is a state of the art project as it is designed to exploit the fact that cycling, no matter if it is in or around cities or at the nearby mountain, is an excellent way to demonstrate equality between people and to draw attention to the values and the ecological and cultural facts that make us a society. The project experts in various areas such as sports, science, health, ecology, cultural heritage, etc. will start the research of using sport as a tool for personal development and social inclusion through acquaintance with the natural and cultural treasures of Europe. Starting from the concept that sport can be used as a tool for fostering entrepreneurship, promoting, exploring and preserving Europe's cultural heritage by people of any social, economic, religious, and sexual context, we decided to collect all the partners' good practices in the sphere and to design and test an innovative online source that promotes the sports of mountain biking, and cycling as a tool for social inclusion and a way to create common European values. We want to exploit the fact that cycling, no matter if it is in or around cities or at the nearby mountain, is an excellent way to demonstrate equality between people and to draw attention to the values and the ecological and cultural facts that make us a society.





## South-East European Youth Para-Sport Exchange

Budžet: 362,912.00 Sufinanciranje 100 %

Vodeći partner: HRVATSKI PARAOLIMPIJSKI ODBOR

Hrvatski partneri: RIJEKA SPORTS ASSOCIATION FOR PERSONS WITH DISABILITIES

SREDISNJI DRZAVNI URED ZA SPORT

Despite the benefits of sport for people with disability, 80 million people with disabilities (15% of the European population) are less likely to participate in organised sport. This is due to the fact that para-sport, and especially youth-para sport, faces individual, social and environmental barriers that do not allow para-sport to make full use of its social inclusion potential. This is even more relevant in the Southeast European region. With the main aim to promote youth para-sport participation in South-Eastern Europe, para-sport governing bodies, governments and specialised sport-related organisations from Bulgaria, Croatia, Germany, Greece, Serbia and Europe have come together to initiate the three-year “South-East European Youth Para-Sport Exchange” project, which addresses social and environmental barriers through developing exchange of knowledge and experience as well as cooperation in South-East Europe. Social barriers will be addressed by the provision of cooperative training opportunities in youth para-sport for 60-75 multiplier sports coaches from South-East Europe. The organisation of three trans-national Coaching Workshops will lead to more qualified human resources in the region with increased knowledge and experiences. In order to address one of most relevant environmental barriers, the lack of training and competition opportunities, the consortium will plan and implement three Youth Para-Sport Training Camps for 100-120 young people with disabilities, with sports trainings and international competitions, accompanied by educational, social and cultural activities and intensive awareness-raising campaigns. Addressing further environmental barriers, a sub-regional cooperation structure will be established. Therefore, a cooperation symposium will be organised, bringing together 25-30 leading stakeholders to develop a cooperation strategy and roadmap, which will contribute to the development of the entire disability sport sector in South-East Europe.





## 4BallGames Teenage Sport Games

Budžet: 56,380.00 Sufinanciranje 100 %

Vodeći partner: UDRUGA ZA UNAPREĐENJE KVALITET ZIVLJENJA ANIMI, Split

There is a worldwide trend towards less total daily physical activity, especially in teenage population recent figures from member States of the European Union (EU) indicate that six in every 10 people above 15 years of age never or seldom exercise or play a sport and more than half never or seldom engage in other kinds of physical activity. To promote sports and physical activity among teenagers, more specific teenage girls aged 14 -16 yrs who are our main target group and who are especially vulnerable group , we have designed a 4Ball Teenage Sport Games project. Main project activities includes educating and training 600 high school students 4 national "traditional" sports of 4 partner countries that are part of the project (Netball-Scotland, Catchball-Romania, Korfbal-Netherlands, Dodgeball-Croatia) Students will learn and compete in 4 national events in 4 sports in each of the partner countries. Additionally, winning teams of 9 participants(5girls+4boys) from each partner country will participate at the main 4Ball Final Event in Amsterdam, Netherlands where they will have a chance to meet their European friends, exchange experiences, and learn about other EU culture through sports and recreation. To promote greater involvement of teen girls in sports and recreation, we have chosen these 4 sports which are mainly played by girls in the countries where they are "traditionally" played. Furthermore, to build operational capacities of partner organizations involved in the project, project activities aimed at engaging volunteers in organizing sport and recreational activities in local communities are also drafted in the project. This involves educating and training volunteer coaches and PE teachers from the partner high schools. This will allow partner organization to produce even greater impact in engaging general public and youth in sports activities in the future and to allow 4Ball Teenage Sport Games to be sustainable longterm.



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## DEVELOPING SPORT ADMINISTRATION COMPETENCES

Budžet: 268,170.00 Sufinanciranje 100 %

Vodeći partner: HRVATSKA ASOCIJACIJA ZA SPORTSKI MENADZMENT, Zagreb

Hrvatski partner: VISOKA POSLOVNA SKOLA PAR, Rijeka

The project proposal addresses the need of fostering job-related skills and competences of sports administration employees, who will in turn strengthen the capacities of sport organizations and make them more competitive and successful. In other words, the aim of this project is to enable each administrator to effectively improve and develop administrative functions in their organizations, which would result in better governance of a sport organization. To achieve that, a training programme in Sports Administration will be developed and delivered by the consortium. The core activities are the following:

1. The comprehensive analysis on the educational needs of sport administrators will be conducted.
2. Based on the obtained results, academic institutions will create customized curriculum, which will give ground to developing six educational modules.
3. Train-the-trainer events will take place after the modules are created.
4. In order to make the modules transferable, Virtual Learning Environment (VLE) will be developed. Modules will be uploaded on the online platform, specially created for the needs of this project.

The target group of this project proposal is sport administration staff who are not formally educated in sport administration. However, the project is transversally addressing the educators as well in order to achieve multiplying effect. The collaboration of a transnational partnership will be created, comprised of 6 partners from 5 countries:

- two academic institutions will create the curriculum and develop educational modules, teaching methods and materials;
- one NGO will conduct the research on educational needs;
- two organizations experienced in sport administration will provide knowledge in certain areas and ensure that the implementation of the project is appropriate.



## Aqua Primorje

**JAČANJE RAZVOJNIH KAPACITETA**  
PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: 58,250.00 Sufinanciranje 100 %

Vodeći partner: KLUB SINKRONIZIRANOG PLIVANJA PRIMORJE-AQUA MARIS RIJEKA

Hrvatski partner: SPORT VIV, Samobor

Sport, in general, can be utilized as a cross-cutting tool to promote education, health, inclusion, intercultural dialogue, development and peace. It generates important values such as team spirit, solidarity, tolerance and fair play, contributing to personal development and fulfilment. Human Resource Management in Sport, which deals with education, training, employment and volunteering in sport, is the topic that we selected as it covers our main interest, which is the education and mobility of coaches in synchronized swimming. The project focuses on education of coaches in the fields of training approach, choreography, implementation of other sports and their respective cultures, music interpretation, swimming costumes and make up, nutrition and management. Synchronized swimming coaches in our part of the world have no possibilities for education and knowledge improvement. There is no school or course a synchro coach can take in this part of the world, so the only way for improvement is to connect among ourselves and share experiences and information, otherwise known as non-formal education. "Primorje Aqua Maris" has equipped itself with an expert coach, specialized in Choreography, Health and Nutrition, Coaching Psychology and a few more topics, she intends to share through lectures given in theory and a hands-on approach at the workshops. However, in order to flourish, knowledge needs to grow and expand, including by crossing borders. This is where the European dimension in education, training, and youth policies comes in. With this project we would like to provide support for trainers, coaches, and trainees; as well as encourage member states or partner institutions in EU neighboring countries to reform and modernize education and training systems and develop policies so that they are better equipped to tackle today's and tomorrow's challenges



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## Active in Sport Again!

Budžet: 53,250.00 Sufinanciranje 100 %

Vodeći partner: DRUSTVO SPORTASA VETERANA I REKREATIVACA, Zagreb

The project Active in Sport Again! aims to encourage social inclusion of former elite athletes by organizing non formal workshops and recreational sport activities in order to increase their capacity and support their

reactivation in sport and everyday life. The specific objectives of the action are:

- raising awareness on the status and importance of social inclusion of former elite athletes
- raising awareness on the importance of organizing recreational sport activities for former athletes in order to increase and/or improve their psychophysical condition that will benefit to their physical and mental health and quality of life
- building the capacity of former elite athletes on how to face their post-sport career challenges
- Systematically collecting and recording the best practice cases and experts recommendations, programs in the field of mobilizing and motivating the former elite athletes to recreational sport activities, in order to develop “Active in Sport Again Manual”

Within the project activities the focus will be on both a) the exchange of information and good practices in social inclusion of former elite athletes and b) the development of new recreational sports programs for former/retired athletes. It will result in publishing of the “Active in Sport Again Manual” consisting of best practices, presentations/recommendations of all involved experts as well as developed recreational sports programs for retired athletes.





## Day in Mountain

Budžet: 41,150.00 Sufinanciranje 100 %

Vodeći partner: PLANINARSKO DRUSTVO TUHOBIC, Rijeka

Hrvatski partner: SPORT VIV, Samobor

Modern life has removed the traditional nature play many of today's adults experienced as children. With this project we want to bring nature back to playgrounds. Research indicates that, when children play and learn in nature, they do so with more vigor, engagement, imagination, and cooperation than in wholly artificial environments, and that symptoms of attention deficit and depression are reduced. Experts agree that children need access to nature the same way they need good nutrition and adequate sleep. Nowadays families often spend a lot of time seated, or in front of a screen or strolling in shopping centres. Moving from children's interests and personal affinities of kindergarten educators and primary school teachers, but having in mind the wellbeing welfare of the entire family, we developed this project aimed at children and parents and focused on spending time in nature, as well as the building of mutual connections between child, parents and educators. The main aim of the project is to ensure human resources that will be well trained to guide organised children tours in nature and to mountaineering or mountain climbing trips. The fulfilment of the goal will allow pre-school and elementary school children to spend quality time in nature. The benefit of the project is that it would allow creating connections with other countries with the aim of sharing experiences and common learning. In Croatia there is not a big number of NGO's or institutions that work in these fields, which hinders our insights in different possibilities.



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## DU MOTION

# JAČANJE RAZVOJNIH KAPACITETA PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: 292,330.00 Sufinanciranje 100 %

Vodeći partner: DUBROVACKI SAVEZ SPORTOVA, Dubrovnik

The sport sector is able to mobilise more volunteers than any other sector. Volunteers are fundamental to the success of international and domestic sport events. Sport event organisers rely on the knowledge, skills and experiences of volunteers to run events. The scale of volunteer involvement in sports events is significant, creating the potential for a wide range of economic, social, cultural and community benefits. In most Member States, the sport movement would not exist without volunteering. The goal of DU MOTION project is to educate volunteers in the service of organization of national and international sporting events. The organization of every sport competition requires the engagement of volunteers, the number is less modest at home / local and regional competitions, but for the organization of European and world competitions the number of volunteers involved in activities is often exceeded by 300, 400 persons. With this project, we want to encourage volunteers to further actively engage not only in sporting events, but also in sports clubs and sports organizations, as they increase their competences, develop skills, and open up opportunities for employment, entrepreneurship and self-employment. Volunteers will also participate in international competitions outside of their country with additional value, acquire new knowledge, new acquaintances, and create positive networking. We emphasize that we will take special care when selecting volunteers to include people with disabilities and people from marginalized groups. During project, implementation will be educated at a minimum 240 volunteers. Volunteers perform many critical roles in sport including serving as coaches, officials, team managers, administrators, and board and committee members; with many individuals filling multiple roles. Volunteers contribute to the social and economic value of sport, particularly at the community grassroots level.



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## Equal opportunities for women in handball

Budžet: 49,800.00 Sufinanciranje 100 %

Vodeći partner: RUKOMETNI SAVEZ ZAGREBACKE ŽUPANIJE, Zagreb

The general objective of the action is to encourage equal opportunities for women in handball – managers of female handball clubs/associations, female coaches and female referees. The specific goal of the project Equal opportunities for women in handball / E-POW is strengthening capacity of women in handball through best practice exchange workshops in order to:

- increase the capacity of women sport administrators in order for them to gain new knowledge and managerial skills
- motivate young women kinesiologists to become coaches in women handball clubs
- encourage former women handball players to become handball referees
- increase the visibility of womens handball clubs in order to attract more girls into sport.

The specific objectives of the action are:

- raising awareness on womens handball in project countries
- raising awareness on the importance of including more female coaches and referees into handball sport
- building the capacity of women handball clubs and female managers/administrative staff in handball clubs.

Despite the efforts made by public bodies to promote equality, everyday obstacles continue to exist. As Ministers responsible for equality between men and women emphasized at the 7th Ministerial Conference held in Baku in 2010 "Equality exists de jure, but it is not always de facto". During the forum on gender equality in sports, organized by the International Olympic Committee in Buenos Aires, November 2018, it was emphasised that "...there still need to be more women in leadership roles..."

Within this project we will contribute to :

- Enhancing the visibility and status of women's handball in project countries;
- Strengthen women's youth handball;
- Enhance the status of women involved in handball (administrative staff, coaches and referees);





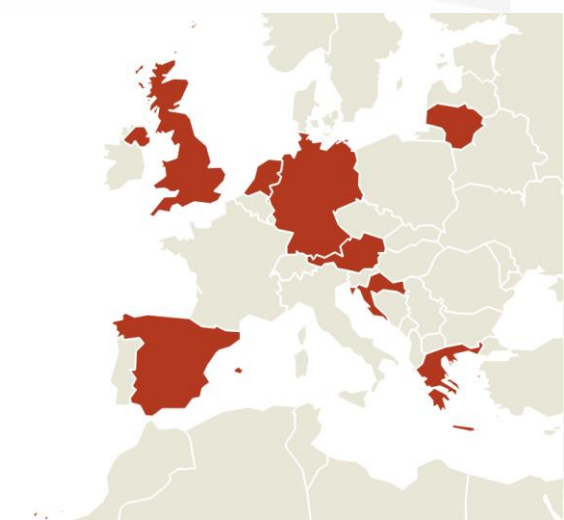
## Economic dimension of volunteering in sport

Budžet: 418,300.00 Sufinanciranje 95,63 %

Vodeći partner: HRVATSKI OLIMPIJSKI ODBOR, Zagreb

Hrvatski partner: SREDISNJI DRZAVNI URED ZA SPORT, Zagreb

The project entitled “Economic dimension of volunteering in sport” (EVIS) is designed to support public authorities and sport governing bodies to formulate policies and programmes aimed at tackling issues in the European sport systems. The end goal of the project is to support evidence-based policy-making in sport and improve good governance in the sport sector in order to increase the social utility of sport in the European Union. The project will contribute to the objectives of the Europe 2020 Strategy, as well as to the sustainable goals of the European Commission presented in the Reflection paper: "Towards a sustainable Europe by 2030". Science is pivotal to good policy-making. Based on the scientific expertise and competences within the EVIS project's team, as well as on the consultations with key stakeholders, the EVIS project aims to ensure that the best scientific advice possible informs policy development. The EVIS project team is going to develop a harmonised methodology on measuring the economic impact of volunteering in sport, use it to conduct the survey in EU-8 in order to produce evidence-based recommendations to policy-makers, and organise two regional consultative conferences to gain feedback from key stakeholders and inform the main project's output entitled “Study on economic dimension of volunteering in sport”. With the support of the European Commission, the Croatian Olympic Committee will continue to coordinate projects involving scientists and key stakeholders in the sport sector with knowledge and competences to contribute to the science-based evidence that informs policy-makers and provides support in the EU sport policy area.



## HEPAKid2

# JAČANJE RAZVOJNIH KAPACITETA PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: 67,730.00 Sufinanciranje 88.59 %

Vodeći partner: DRUSTVO SPORTSKE REKREACIJE SUPERKID, Zagreb

Hrvatski partner: MEĐIMURSKA ŽUPANIJA, Čakovec

Sport is a powerful tool for bringing people together, reaching them at international, national, regional and local levels, and developing people-to-people contacts. Cooperation, partnerships and exchanges at the grassroots level inside the EU as well as with non-EU countries can contribute to the development of new skills and positively influence societal changes. Sport staff members such as coaches, managers or instructors play a key role in sport: by leading and guiding participants, they have an impact on their knowledge, skills, health, wellbeing and values. They are in a unique position to advance social inclusion, protect integrity, infuse respect for common values, and promote physical activity in all social groups. In order to pursue what is aforementioned, this project consortium will carry out a project with the overall objective to strengthen the international network and exchange good practices in the field of physical activity and early childhood. The project consortium made of local sport clubs, municipalities and a health centre (from Croatia, Portugal, Slovakia and Slovenia) will implement three main activities in 24 months: 1) prepare collection of good practices, 2) organise five mobility visits and 3) a final conference. After the activities end, we expect to deliver a collection of good practices in the field of physical activity in early childhood, five reports on mobility visits and a successfully organised final conference during the European Week of Sport. As an impact, we expect to improve the knowledge and know-how of staff, exchange good practices and strengthen an international cooperation. In long-term, we expect to improve the overall quality of sport and exercise for children up to 10 years old. The project will target staff of project partners. Indirect target group are children up to 10 years old who should benefit once the project team starts implementing good practices at local level.



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## Promotion of sport among children and young people

Budžet: 363,260.00 Sufinanciranje 100 %

Vodeći partner: HRVATSKI KUGLACKI SAVEZ, Zagreb

Projekt Promicanje bavljenja sportom među djecom i mladima je zajednička inicijativa partnerskih organizacija iz 5 različitih zemlja (Hrvatska, Srbija, Slovenija, Češka i Slovačka) kako bi se potaknulo djecu i mlade u dobi od 14 do 20 godine kroz zajednička druženja i nove načine komunikacijskih kanala na bavljenje tjelesnom aktivnošću kroz kuglački sport, uključivanje klubovima i ostanak u kuglačkom sportu. Ciljevi ovog projekta su:

- Povećanje broja djece i mladih koji će se uključiti u programe sportske rekreacije i amaterskog bavljenja kuglačkim sportom.
- Izrada priručnika o organizaciji kuglačkih kampova
- Izrada web aplikacije za interaktivno sudjelovanje u kuglačkom sportu
- Širiti rezultate projekta i promicati bavljenje kuglanjem za djecu i mlade u dobi od 14 do 20 godina kroz organizaciju kampova na temelju izrađenog priručnika diljem Europske unije.

Zbog nedovoljnog bavljenja tjelesnim aktivnostima, sve je više ugroženo zdravlje svih stanovnika EU, stoga se ovim projektom želi skrenuti pažnja svim pojedincima, a kroz pozitivne primjere djece i mladih pokazati da bavljenje sportom i fizička aktivnost može postati dio svakodnevnog života. Kako je ovaj projekt namijenjen djeci i mladima, organizirat će se međunarodni kampovi za okupljanja mladih da kroz edukativne načine shvate koliko je sport važan u životu. Osmišljena je nova web aplikacija, gdje korisnici aplikacije ujedno postaju i aktivni sudionici preko svojih profila, a pratili bi osobnu i grupnu statistiku igre i dodatno se umrežavali. Treneri će dobiti mogućnost razmjene iskustva preko zatvorenog foruma, a u aplikaciju će unositi rezultate igrača, što će omogućiti bolje praćenje i razvoj strategije igre za pojedine igrače ili timove. Treneri će timskim radom izraditi priručnik za organiziranje kuglačkog kampa, koji će biti namijenjen svim tijelima i osobama kod organizacije kuglačkih kampova, kako bi se širili rezultati projekta, a kampovi bi se organizirali diljem zemalja EU.





## Recruiting in Open Water Swimming

Budžet: 48,925.00 Sufinanciranje 100 %

Vodeći partner: HRVATSKI SAVEZ DALJINSKOG PLIVANJA, Stari Grad

Hrvatski partner: KLUB DALJINSKOG PLIVANJA PRIMORJE, Rijeka

The main objective of the project Recruiting in Open Water Swimming (ROWS) is to support the mobility of swimming coaches, managers and staff of non-profit sport organisations (swimming clubs and federations), creating a networking opportunity of exchanging their knowledge on how to motivate swimmers to prolong their swimming career including them in Open Water Swimming (OWS). Specific objectives are:

1. To give the teenage swimmers who end their swimming activity, due to high school obligations or simply due to too intensive trainings, an opportunity to continue swimming by exchanging the pool with OWS. They will be given a new beginning, namely, a continuation of their swimming (sport) career.
2. To give the top swimmers, who are at the end of their pool swimming careers and in their early twenties, the opportunity to prolong their top career for at least 10 years in OWS.

The Project innovative value is that, to our knowledge, nobody so far has given any serious thought about how to avoid the unnecessary interruption of an already technically accomplished swimmer in the sport they have dedicated all their young life to. Being a relatively new Olympic sport (from Beijing 2008), it is still insufficiently recognized by the public and pool swimmers, so the strategies suggested in this project would definitely contribute to enlarging the number of swimmers in OWS and with this also the quality of OWS. Last but not the least, the added value at EU level is the innovative way of recruiting swimmers for a lifelong swimming, thus the importance and benefit is not only for OWS, but for swimming and sport in EU in general. Moreover, swimming longer, or swimming for life (an activity that is adequate and injury-free for any person, not only for athletes) is a very important aspect of health-enhancing value for all the citizens and it is a highly desirable goal to be achieved in any EU country.



# CREATING MECHANISMS FOR CONTINUOUS IMPLEMENTATION OF THE SPORTS CLUB FOR HEALTH GUIDELINES IN THE EUROPEAN UNION

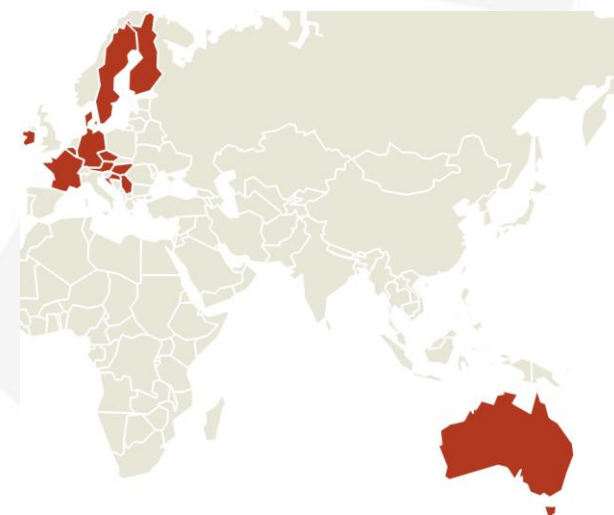
**JAČANJE RAZVOJNIH KAPACITETA**  
PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: 398,845.00 Sufinanciranje 100 %

Vodeći partner: SVEUCILISTE U ZAGREBU KINEZIOLOSKI FAKULTET

The SCforH movement has been widely recognised as a worthwhile and successful initiative. Given there are more than 2.5 thousand sport associations, almost a million sports clubs in Europe, there is a great potential reach of future SCforH initiatives. The overarching objective of this project is to increase participation in sport and HEPA in EU by encouraging sports clubs and associations to implement SCforH principles in their activities. This project will directly target: [i] national, international and European umbrella sports organisations; [ii] national Olympic committees; [iii] national sport and Sport for All associations; [iv] sports clubs; [v] national ministries of health and sport; [vi]; individual policymakers; [vii] National Physical Activity Focal Points; [viii] members of the HEPA Europe network; [ix] coordinators and students of tertiary education courses that educate future health promoters, and sport and exercise practitioners. The project team will consist of 24 members representing 18 organisations from 13 countries. The project team members have vast expertise covering all the relevant aspects needed for the realisation of the project. The project activities will be grouped into seven interconnected Work Packages through which we will produce 10 intellectual outputs and organise two multiplier sports events. We carefully distributed responsibilities and project tasks to each member/partner organisation of the project team, by considering their expertise, previous experience, interests, previous successful collaboration with other members of the project team, available time, and connections with relevant people and organisations outside the project. To maximise the probability of success of the project, we will adhere to the developed Risk Management Plan. The quality control of final outcomes will be done as part of the planned Monitor & Control activities. We also established thorough Dissemination Plan of projects results and outputs.



«Projekt je sufinancirala Europska unija iz Europskog fonda za regionalni razvoj»



## Staying safe in Taekwondo

Budžet: 46,475.00 Sufinanciranje 100 %

Vodeći partner: TAEKWONDO KLUB ZAPRESIC

Hrvatski partner: UDRUGA ZA PROMICANJE AKTIVNOG GRADANSTVA – ECHO, Zagreb

The project aims to additionally educate coaches and referees on taekwondo injury prevention methods and to deliver extensive and high-quality taekwondo prevention programs/methodology which consider both: the application of knowledge and skills and high cooperation between coaches, referees and sport medical experts. The general objective of the action is to protect taekwondo athletes, especially the youngest, from health and safety hazards by improving training and competition conditions. The specific objectives of the action are:

1. development and implementation of enhanced taekwondo training methodology for coaches/trainers working with children, by organizing Educational Workshops.
2. strengthening of the capacity of Taekwondo trainers/coaches for developing and implementing enhanced training methodology
3. strengthening of the capacity of Taekwondo referees
4. strengthening the awareness of key stakeholders (coaches/trainers, taekwondo sport clubs, sport association, local or national sport authorities) about the importance of safe trainings for children, keeping exposures and the risk of a hazard as low as possible.

The final beneficiaries of the project are the children (aged 6-13), who normally represent an overwhelming majority of beginners in all martial arts and need additional care and protection against injuries. Injury prevention should be a priority for all coaches/trainers, referees and sports club managers. The taekwondo athletes should be coached and supervised at all times, stressing proper technique and discipline to avoid injury. Proper officiating can also prevent injuries. Finally, a well-structured strengthening program conducted under proper supervision can help prevent injury and enhance the performance of the athletes.





## Safety in Open Water Swimming Events

Budžet: 49,680.00 Sufinanciranje 100 %

Vodeći partner: KLUB DALJINSKOG PLIVANJA PRIMORJE, Rijeka

Hrvatski partner: HRVATSKI SAVEZ DALJINSKOG PLIVANJA, Zagreb

The main objective of the project is to increase the athletes' safety at the open swimming (OWS) competitions by improving the safety standards and the general requirements for the competition organisers through networking, sharing of knowledge between the relevant stakeholders. Specific objectives are:

1. To create the networking opportunity for the relevant stakeholders to share their knowledge and practices related to the safety in OWS competitions.
2. To improve safety in the OWS events by developing the recommendations for the organisers of the OWS events.
3. To educate swimmers to become more aware of the safety standards that the organisers have to comply with if they want those swimmers to take part in the OWS competition.

The objectives will be achieved by creating and sharing a new model of transmitting and sharing the experiences of those responsible for organizing OWS events and swimmers themselves. The contribution of the project will be: establishing the safety rules and regulations for OWS events; sharing knowledge and practices related to the safety of athletes; enabling the partners who do not have experience in the organizations of OWS events to gain the necessary knowledge for it. Rules and regulations should not be left to the decisions either of national or regional, not to mention local authorities, as it currently seems to be the case in recreational OWS. The stated three objectives together (The safety of athletes; Developing the recommendations for the improvement of regulations for the OWS organisers; Education of athletes to become more aware of the safety standards) if realized, would form an obligatory part of every competition, which has not been the case so far. Lastly, the project's added value is that the uniformity of regulations would greatly contribute to the overall development of the European dimension of sport, especially recreational sport, so important for healthenhancing physical activity of every nation.





## Tennis for Seniors

Budžet: 60,950.00 Sufinanciranje 98,44 %

Vodeći partner: TENISKI KLUB CHROMOS, Zagreb

EU claims that addressing the ageing challenge and turning it into an opportunity depends on extending working lives. To this end, guiding principles for active ageing were developed by the EU. Active ageing means helping people stay in charge of their own lives for as long as possible as they age and, where possible, to contribute to the economy and society. However, statistics show poor results -the Special Eurobarometer 472 report, shows that older people are less likely to engage in physical activities. That is why this project wants to tackle physical inactivity of seniors through social inclusion in tennis. The aim of the project is to encourage social inclusion and equal opportunities in sport. More concretely, our main objective is to encourage senior citizens to active ageing through tennis. We will achieve this by implementing three main activities: a) developing the adapted tennis programme for senior citizens (55+), sharing good practices among the project team and c) organising a final sport event). We will achieve this with the mutual collaboration of 5 local tennis clubs from 5 European countries (one of them is a Partner Country from the Western Balkans area, all working with senior citizens. The project lasts for 24 months and by the end of the project we expect deliver an innovative adapted tennis programme for senior citizens, exchange good practices among the project team and successfully organise a final sport event. These shall lead in a long-term to strengthening of international network of local tennis clubs, whereas in the short-term period we expect to gain new knowledge and skills for working with senior citizens in the field of tennis. On the other hand, senior citizens will improve health in general and become more active participants in local community.





## Urban Sport and Culture Volunteers

Budžet: 405,769.00 Sufinanciranje 98,58 %

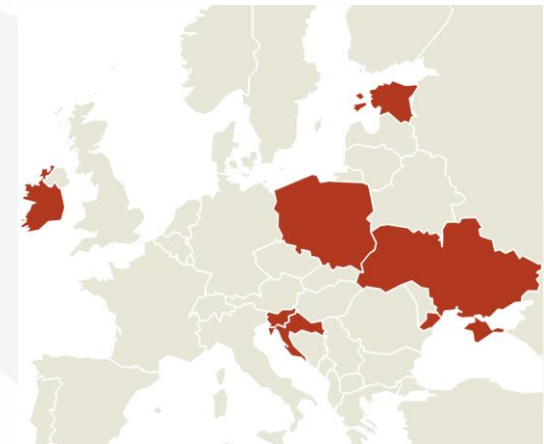
Vodeći partner: PANNONIAN, Osijek

Hrvatski partner: HRVATSKI OLIMPIJSKI ODBOR, Zagreb

The European Union has strong interest in volunteering in the EU in general and many EU policies speak in this regard: the Article 165 TFEU, Aarhus Declaration (2003), White Paper on Sport (2007) up to the latest one (2019 annual work programme for the implementation of Erasmus+). Additionally, the EU actively promotes social inclusion of people with fewer opportunities, especially under the Erasmus+ programme. That is why this project aims to promote voluntary activities at urban sport and culture events - places where urban sport and culture meet. The overall objective of the project is to increase employability of youth with fewer opportunities through volunteering at sport events which will be achieved with the following activities:

- 1) recruitment of volunteers,
- 2) implementing the non-formal education training
- 3) organising volunteering experience at urban sport and culture events and 4) creating a huge promotional campaign.

The project lasts for 36 months. The target groups are young people (16-30) with social, economic and/or geographical obstacles who will take part at all of the aforementioned activities. During the project we plan to produce three intellectual outputs: NFE training for volunteers, volunteers handbook for urban sport and culture events and the volunteering app. The project will be carried out by a project consortium made of 7 partners from 6 European countries (one is a Partner country from war effected area) and a group of 19 people who represent NGOs from urban sport and culture scene, non-formal education experts and umbrella sport organisation - all duly working with volunteers in everyday life. After the project, we expect to a) strengthen the international volunteering network in urban sport and culture scene, b) enhance, recognise and validate volunteers' skills and key competences, c) exchange good practices and prepare the handbook for volunteers and the volunteering app and carry out a huge promotional campaign.





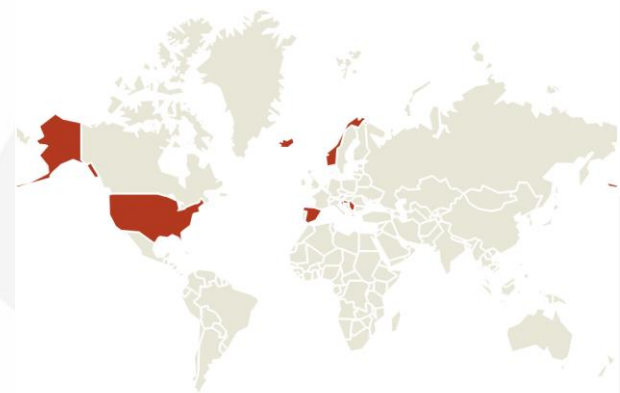
## WE\_CARE

Budžet: 392,842.00 Sufinanciranje 100 %

Vodeći partner: SVEUCILISTE U ZAGREBU KINEZIOLOSKIFAKULTET

Hrvatski partner: HRVATSKI OLIMPIJSKI ODBOR

WE\_CARE will address the void of adequate dual career (DC) supporting services for elite athletes in less developed EU Member States (MS) or MS candidates; Serbia, Croatia and Slovenia. The problem has been identified through research and experience exchange. The main objective of the project is to improve DC support in less developed MS and in such way to contribute to priority: to promote education in and through sport with special focus on skills development, as well support the implementation of the EU Guidelines on DC of Athletes through (a) involvement of experts in DC support, sport and education/work performance, injury prevention, psychology, career counseling, and (b) mutual exchange of best practices of DC support providers. In order to achieve this objective, the project will establish 3 National Athletic Care and Development Centers (NACDC), develop a catalogue of services which should be provided by established NACDCs and develop an innovative web application a Comprehensive Athlete Information System (CAIS) which will have a comprehensive set of information about elite athletes necessary to provide a high-quality DC support and which will enable knowledge sharing between DC providers. To deliver these project partners will: conduct a research on services that NACDC should provide, develop a catalogue of multidisciplinary services and programs that should be provided to elite athletes, develop a guidelines on injury prevention strategies, establish three NACDCs, develop CAIS software, conduct a research on the effectiveness of developed guidelines and CAIS and finally organize a conference on WE\_CARE project results in Iceland, Spain, Serbia, Slovenia and Croatia. As a result, 60 elite athletes will use DC services in established NACDCs during project and it is expected that this number will rise since established NACDCs will continue to support elite athletes after the end of the project and CAIS will be further developed based on user feedback.





## Wrestling in safe mode

Budžet: 46,400.00 Sufinanciranje 100 %

Vodeći partner: HRVACKI KLUB SESVETSKI KRALJEVE

The general objective of the action is to prevent injuries and protect health of young wrestling athletes by improving training and competition conditions. The specific objectives of the action are:

1. development and implementation of enhanced wrestling training methodology for coaches/trainers by organizing best practices exchange workshops in Croatia (kick-off meeting), Sweden and Romania and then the final event in Croatia with the presentation of the overall workshop acquis or the material from previous workshops edited as a demonstration video on the fine-tuned wrestling techniques helping prevent injuries.
2. Strengthening the awareness of key stakeholders (coaches/trainers, wrestling sport clubs, sport association, local or national sport authorities) about the importance of safe trainings keeping exposures or the risk of a hazard as low as possible.

Within project activities the focus will be on both: the exchange of information and good practices and dissemination of the common newly acquired training and injury prevention knowledge. It will result in publishing of a demonstration video and a training manual consisting of presentations/recommendations of all involved expert trainers and the local wrestling top athletes, champions and veterans invited to workshops. A special part would be interviews with Swedish, Romanian and Croatian wrestling champions and veterans with special light cast on their experience in injury prevention. As in many sports, the risk of injury increases due to many facts: age and size of athletes, style of play, contact forces. However, the risk of injuries can be reduced. Wrestling injuries can be prevented with proper supervision and compliance with the rules and safety guidelines procedures concerning the training space and training techniques. Injury prevention should be a priority for all athletes, coaches/trainers and sport club managers.





## Streets To Raise European Education Through Sport

Budžet: 95,090.00 Sufinanciranje 63.10 %

Vodeći partner: BASILIKO ATHLITIKO MORFOTIKO ORTHODOXO SOMATEIO BAMOS, Cipar

Hrvatski partner: VISOKA POSLOVNA SKOLA PAR, Rijeka

STREETS is a 24 months Erasmus+ Sport Project with the aim to promote street sports. The partners involved in the Project are: "Vamos!" organization (CY) as applicant, "I Hara Tou Paidiou" organization (GR), INNETICA organization (ES), SoJovem organization (PT), PAR organization (HR), Obcina Ivancna Gorica municipality (SI). The main priorities of the Project are to save, to keep active some urban areas in the cities or villages (in particular abandoned zones), and to support prevention, educational and innovative approaches to tackle violence, racism and intolerance in sport. The initiative wants to support the implementation of the European Week of Sport 2020/2021 which is an event launched by the European Commission to promote sport and physical activities in the European Union, that usually takes place during the last week of September. Target group: athletes, coaches, trainers, amateurs, presidents, sport stakeholders, physiotherapists, volunteers and nutritionists, especially from 18 until 45 years old. The target sports are skateboarding, parkour, free running, street basketball, street volleyball, street soccer, athletics, handball, etc. STREETS wants to promote sport activities avoiding the risk of violence, racism and intolerance in this kind of context, beside the willingness to safeguard the urban areas and to highlight the importance of health-enhancing physical activities through equal access to sport for all.

Main actions:

- 5 Transnational events during the course of STREETS Project in the partners' Countries, as follows:
- 2 Transnational Staff Meetings, as follows:
- Online Street Sports programme and Guide for Trainers.
- Seminars and workshops on Street Sports
- Street Sports Open Days (free courses, training sessions and friendly competitions);
- Production of the "STREETS Guidelines of Street Sport Teaching Models"



# Continuing the journey towards a skilled workforce for the sport and physical activity sector in Europe

**JAČANJE RAZVOJNIH KAPACITETA**  
PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: 59,370.00 Sufinanciranje 100 %

Vodeći partner: EUROPEAN OBSERVATOIRE OF SPORT AND EMPLOYMENT

Hrvatski partner: HRVATSKA ASOCIJACIJA ZA SPORTSKI MENADZMENT, Zagreb

**SKILLS:** “Continuing the journey towards a skilled workforce for the sport and physical activity sector in Europe” EU Priority: Promote education in and through sport with special focus on skills development Background: SKILLS is a follow-up from the EU funded project “European Sector Skills Alliance for Sport (ESSA-Sport)” to ensure continuity and maintain momentum in researching, networking, implementing actions and improving skills in the sport sector in Europe. Aim: The overall aim of SKILLS is to ensure a skilled workforce (paid/unpaid) in the sport sector to allow the sector to meet its recognised potential at the heart of European society. Partnership: Complementary mix of partners from education, employment and government sector. The project team is highly relevant to the topic. A wider network is in place to support the project actions. Main expected outcomes: SKILLS will maintain a focus on understanding and presenting the labour market and skills needs in the sector, through a yearly summary fact sheet on the sport labour market in EU, Summary paper with visuals on skills needs and challenges, Compendium of good practice examples towards a skilled workforce for the sector, Annual workshop gathering European Sport organisations to discuss skill and workforce issues.

**Project design:** A logical structure of work packages and partner meetings has been developed to achieve the project aims. **Impact:** Modernisation of vocational education and training in sport to equip the workforce with competence required by the labour market and for the sector to reach its potential, in line with EU policies and tools. **EU Added Value:** Cost effective way of cascading messages across EU which could not be achieved by working at the national level alone. **Dissemination:** A communication strategy with various dissemination and valorisation activities including events and web platform. A sustainability plan will ensure actions continue after the lifetime of the project.



«Projekt je sufinancirala Europska unija iz Europskog fonda za regionalni razvoj»



# Promotion of Physical Activity of the Youth through Active Mobility to School

**JAČANJE RAZVOJNIH KAPACITETA**  
PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: 396,906.00 Sufinanciranje 100 %

Vodeći partner: TECHNISCHE UNIVERSITAT BERLIN

Hrvatski partner: RIJEKA SPORTS ASSOCIATION FOR PERSONS WITH DISABILITIES

“Promotion of Physical Activity of the Youth through Active Mobility to School” (PAYAMOS) is a proposed Erasmus+ project aiming at promoting the physical activity of children of 9-12 years and adolescents of 14-18 years in Germany, Netherlands, Poland, Greece, Italy, Croatia, and Turkey. The proposed project will be led by Technische Universität Berlin (TUB) and in 24 months. The main objectives are (1) providing state-of-the-art of the topic of the relationships between the mobility of children/adolescents/parents, their perceptions, Active Mobility to School (ATS), the built environment, the physical activity of the youth, as well as their body weight, fitness, and oxygen uptake in 7 European countries; (2) production of uniform and reliable data generated uniformly in the partner countries; (3) to shorten the time that the results of such academic studies reach the hand of policymakers, school authorities, who are supposed to intervene in the way students transport to their schools; and (4) to fill the gap between the empirical academic studies on the above subjects with the endusers. The project is a continuation of a previous Erasmus+ Sport project titled “Multisport Against Physical Sedentary” (M.A.P.S.). The work will be started by data collection, which will lead to production of datasets that will be the basis of analyses and publications. OERs will be rapidly produced for the notice of policy makers, school authorities, and planning bodies as well as families and their youth in local, regional, national, and international levels. The two types of intellectual outputs will target academic workers as well as bodies responsible for interventions and families. It is expected that four high-quality research paper are provided for researchers with strong focus on less-studied contexts in Eastern and Southeastern Europe, at least 50 planning bodies receive instructions in local language, and 700 parent/student pairs receive oral presentation of results.



«Projekt je sufinancirala Europska unija iz Europskog fonda za regionalni razvoj»



## Sport & Diabetes



Budžet: 346,915.00 Sufinanciranje 100 %

Vodeći partner: TURN UND SPORTVEREIN BAYER 04 LEVERKUSEN EV, Njemačka

Hrvatski partner: HRVATSKI AKADEMSKI SPORTSKI KLUBOVI MLADOST SVEUCILISTA U ZAGREBU

In our project the stress is put on enabling children with diabetes to do sport and enabling to continue when diagnosed by educating all stakeholders how to handle risk concerning diabetes and reduce fears that lead to exclusion of children with diabetes. A lot of children stop doing sports when they are diagnosed due to various reasons. Predominantly, it is either the fear of the parents of the children or the lack of knowledge of coaches and teacher in how to handle children with diabetes. The project aims to create a comprehensive and easily understandable publication which explains everything about doing sport with diabetes in a simple way so that people that do not have knowledge about diabetes can understand the content. Such publication in various languages does not exist on big international level. To our knowledge, there is only DiaEuro, Team NovoNordisk and few projects focus on spreading the message that sports and diabetes can go hand in hand with sufficient support and planning. Furthermore, many existing clinical guidelines for physical activity focus on Type 2 diabetes and there is a lack of general physical activity advices for the Type 1 population.



«Projekt je sufinancirala Europska unija iz Europskog fonda za regionalni razvoj»





## Promoting good governance in sport through social responsibility

Budžet: 239,480.00 Sufinanciranje 100 %

Vodeći partner: KENTRO MERIMNAS OIKOGENEIAS KAI PAIDIOU, Grčka

Hrvatski partner: INSTITUT ZA DRUSTVENO ODGOVORNO POSLOVANJE, Zagreb

A host of serious failings at national and international sports federations and clubs across the EU directly related to poor governance, have resulted in a public outcry and widespread calls to overhaul governance structures within sport and, in some cases, to overhaul the entire sports administration system. This has resulted in a number of stakeholders making efforts to draft and apply new sets of standards and rules for sports organisations. Given the important role that sports can play in combatting discrimination and in promoting human rights tolerance, and social inclusion, it is crucial to increase sports organizations abilities to implement socially responsible behaviour. In order to contribute to the improvement of good governance in sports organizations in Bulgaria, Croatia, Cyprus, Greece and Italy, the proposed project aims at:

- Enhancing the capacities and awareness of sports clubs/organizations, professional and semi-professional sports teams and clubs on implementing good governance principles through social responsibility, focusing on participation and inclusivity irrespective of gender, race, sexuality, disability, age or otherwise and the promotion of human rights
- Improving knowledge on how sport organisations interpret, manage and prioritise social responsibility issues within their organisations, especially in terms of combatting violence and tackling racism, discrimination and intolerance, as well as in encouraging social inclusion and equal opportunities, how organizational governance influences SR and vice versa, and how SR is communicated within sports organizations
- Providing tools to sports organizations and professionals on understanding the relationships among the organization, its stakeholders and society, and on the integration of social responsibility
- Contributing to the promotion of participation and inclusivity principles in sport through social responsibility.





## Dual-Track Careers for Para-Athletes

Budžet: 392,445.00 Sufinanciranje 100 %

Vodeći partner: AETOI THESSALONIKIS, Grčka

Hrvatski partner: HRVATSKI PARAOLIMPIJSKI ODBOR, Zagreb

It has for many years been a challenge for athletes in EU member states to combine their sports training, events and competitions with their need to receive an adequate education with a view to developing a sports career-end strategy for their subsequent employment, something informed by the EU Guidelines on Dual Careers of Athletes. With the greater focus on inclusion of people with a disability to also take up sports and the improvements to accessibility and the design of sports facilities, there are ever greater numbers of people with disabilities taking up sports. These athletes face the same problem of timetabling their dual pursuits, but they often have several additional obstacles to deal with, such as dependency on specialized means of transport, and the extra time needed for every change of activity for a para-athlete.

"Dual-Track Careers for Para-Athletes" carries on from where the EU guidelines on Dual careers for Athletes leaves off in 2013 – pointing up the many problems faced by athletes with a disability, the urge and mandate to be inclusive notwithstanding. The partnership will conduct important grass-root research of the ecosystem around the athlete with a disability, to find ways to get the system working more optimally, seeking ways to support families in the long term, and reporting in detail on findings. The research will produce another output – the Handbook of Best Practices for professionals all over the EU. Finally, a dedicated Virtual learning Platform to orient the athlete transitioning to the workplace will be created to teach him/her all the basics of the Business and Entrepreneurship world. The impacts we seek through implementation of this action are to help talented and elite athletes with disability to be placed in the direct spotlight of enquiry, and to examine the interactions of those agencies and institutions around them who are in a position to assist them to attain their goals.



# SailAway

## JAČANJE RAZVOJNIH KAPACITETA PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: 280,560.00 Sufinanciranje 100 %

Vodeći partner: KENTRO MERIMNAS OIKOGENEIAS KAI PAIDIOU, Grčka

Hrvatski partner: RIJEKA SPORTS ASSOCIATION FOR PERSONS WITH DISABILITIES

As regular exercise is important for children, children with autism spectrum disorders (ASD) are no exception. However, children with ASD tend to be less physically active than children who do not have developmental or learning disabilities. Project SailAway targets sailing clubs, professionals and families with children and youth with ASD in the Southern EU countries of Bulgaria, Cyprus, Croatia, Greece, Italy and Spain, where the availability of and access to sports activities for persons with ASD and other disabilities is limited, in order to enhance the participation of children and young people with ASD in sailing, since it is a sport that can help build self-confidence and self-reliance, and practice social interaction with peers within a supported environment. More specifically the project aims at:

- Building the capacities and skills of sailing coaches/instructors on delivering inclusive sailing activities for children and youth with ASD and engaging them in meaningful ways
- Enhancing the awareness of sailing clubs on providing inclusive sailing activities for children and youth with ASD
- Enhancing the awareness of parents of children with ASD on the benefits, possibilities of and access to sailing programmes/opportunities for their children within supported environments
- Increasing access to sailing activities for children and youth with ASD, encouraging contact between people from different social groups and with different capabilities.

As the project aims to encourage the social inclusion and equal opportunities for children and youth with ASD in sailing activities, through the training of professionals and awareness raising of sailing clubs and parents, it addresses the topic "Encourage social inclusion and equal opportunities in sport".



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## APProaching to a sport and health lifestyle

Budžet: 346,265.00 Sufinanciranje 100 %

Vodeći partner: SS LAZIO ATLETICA LEGGERA ASSOCIAZIONE SPORTIVA DILLETTANTISTICA, Italija

Hrvatski partner: HRVATSKI AKADEMSKI SPORTSKI KLUBOVI MLADOST SVEUCILISTA U ZAGREBU

The Project aims to sensitize European citizens, especially young people and children, towards the importance of conducting a healthy lifestyle. This target is going to be reached through a series of seminars and active lessons with boys and girls in schools and with meetings relevant stakeholders. These activities are focusing not only on sport promotion, but on health in a wider perspective. Working with young people is indeed crucial to improve health conditions of present and future society. The Project works in the framework of encouraging participation in sport and physical activity, with a special focus on two of the pillars of the so-called "Tartu Call For A Healthy Lifestyle", document of the European Commission launched during the opening of the European Week of Sport 2017 in Tartu (Estonia): sport and health. The Project agrees with the European Commission idea of creating a joint action not only focusing on sport, but including a 360° health perspective. Through a series of activities, the Partners involved aim to create a common programme of school lessons and seminars dedicated, from one hand, to promote sport and physical activity and, from another hand, to promote and inform citizens and young people about the importance of healthy style of living.





## Autism and Sport : Train Social inclusion

Budžet: 399,820.00 Sufinanciranje 100 %

Vodeći partner: A.S.D. RUNNING MATERA, Italija

Hrvatski partner: UDRUGA ZA SKRB AUTISTICNIH OSOBA, Rijeka

Autism and Sport: Train Social inclusion (AU.SPO.) is a project of "Collaborative Partnerships" which has the main objective of encouraging social inclusion and equal opportunities in sports, through greater participation in the sports activities of adolescents and young people with autism spectrum disorder (ASD). It involves 8 partners from 5 European countries (Italy, Romania, Spain, Croatia and Latvia). The aim of the project is to start a sustainable and continuous learning path that connects social workers, sports coaches of sports clubs, residential structures, associations, NGOs, Foundations and in a greater involvement in sport and educational activities. The specific objectives are: - Strengthen the use of sport as a tool for social inclusion - awareness of the potential of Sport in the rehabilitation treatment of ASDs;

- Train social and health workers and sports volunteers
- Implementation of promotion and incentive programs for sports activities for people with ASD
- increase stakeholder awareness of EU, national, regional and local policies on best practice in teaching and social inclusion through sport.

Target groups of the project are social workers, teachers, trainers, volunteers, coaches, managers and staff of sports organizations, Institutes and training institutions, schools and non-profit associations. The planned activities are:

1. Management, coordination, monitoring and evaluation
2. Training and exchange of good practices
3. Sporting events

Final results:

- Survey on the current situation
- A manual containing best practices
- E-learning platform for the training of sports operators and volunteers
- Local training workshops
- Awareness-raising events in 6 partner countries, with a final conference
- Communication materials and activities
- Dissemination





## Be.S.t.S Volley - Beyond Sport through Sitting Volley

Budžet: 59,320.00 Sufinanciranje 100 %

Vodeći partner: VOLLEY CITRA ASSOCIAZIONE SPORTIVADILETTANTISTICA, Italija

Hrvatski partner: ODBOJKASKI KLUB ZRINSKI NUSTAR

"Be.S.t.S Volley" involves 4 European Nations: Italy Turkey Spain and Croatia. It aims to promote sport as a means of including the motors disabled through Sitting Volleyball. A transactional network will be created, joining all associations and stakeholders who operate in the field of sport and / or motor disabilities. The final goal of this network is to make a platform in which it will be possible to connect all the actors and the activities carried out and the activities will be planned. The Sitting Volleyball is an inclusive sport derived from volleyball adapted for the sporting practice of people with motor disabilities. It is considered "open sport" because in the same team one can be able-bodied and motor disabled. The project is focused specifically on geographically disadvantaged areas, as there is a lack of sports activities for disabled people. With Be.S.t.S Volley we are going to realize 5 mobilities:

-Kick off

- 2 Training Courses to train the coaches and / or Youth Worker of the associations involves in order to develop new non-formal activities that will be collected in a BOOKLET

- 2 international sports meetings dedicated to inclusion disabled people through Sitting Volleyball.

Furthermore, each partner will commit to realize the LOCAL ACTIVITIES in order to create a Sitting Volley Team. In this way, to get the following results:

- Activities to exchange good practices

- Raising awareness of the population in carrying out sports activities in order to include disadvantaged people;

- Encourage the disabled to practice sports in any context in which they live, overcoming the barriers of disability;

- To encourage volunteering in motor associations;

- Promote the opportunities of the Erasmus + program

The benefits of the project will be:

- Educators and coaches of sports associations

- motor disables

- Aspiring able-bodied athletes indirectly:

- families of the disabled



# Doping Raising AWareness among youths in Sport recreational environments

**JAČANJE RAZVOJNIH KAPACITETA**  
PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: 385,070.00 Sufinanciranje 100 %

Vodeći partner: UNIVERSITA CATTOLICA DEL SACRO CUORE, Italija

Hrvatski partner: HRVATSKI AKADEMSKI SPORTSKI KLUBOVI MLADOST SVEUCILISTA U ZAGREBU

DRAWS is based on the ongoing European Policies on doping prevention among recreational sport environments youth participants. They state that knowledge and awareness on doping risks are very low among youths in sport recreational environments and this increases the risk of a “pro-doping culture” establishment. Mass media campaigns and “punishment-approach” by institutions are no longer a ‘best practice’ to avoid doping use: tailored tools and a participative approach are needed. Using know-how from very different sport organizations and institutions, DRAWS aims at combatting doping diffusion among youths in recreational sport environment, by creating a set of EDU-communicational tools that can raise awareness and knowledge among the target group.

Goals: increase awareness on doping risks among youths; build a set of tools to fight doping by a participative approach with youths; disseminate the tools within the Consortium, sport organizations and schools.

Actions: data collection on target group knowledge, opinions, motivational orientations and attitudes on doping; build a set of EDU-communication tools, that comprehend a tailored training course on doping risks and a comic/strips on doping prevention; spread the open educational training course model on doping prevention and the comic within Consortium Countries.

Expected impact: increase knowledge and awareness on doping risks among the sport recreational environment youth participants; disseminate effective EDU-communication tools for preventing doping among youths and strengthen European synergies for the prevention of doping among recreational environments.



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## Enhancing Health and Physical Activity Rates through Pentathlon

Budžet: 353,825.00 Sufinanciranje 100 %

Vodeći partner: L ORMA SOCIETA SPORTIVA DILETTANTISTICA A RESPONSABILITA LIMITATA, Italija

Hrvatski partner: KLUB PLIVANJA S PERAJAMA KOMET ZAGREB

Enhancing Health and Physical Activity Rates through Pentathlon (EHPARP) aims at employing Pentathlon as a tool of promoting health-enhancing physical activity among the European youth and adult populations as well as providing dual career opportunities to Athletes in the individual disciplines forming part of Pentathlon practice who will be empowered as Coaches/Trainers in their disciplines and in comprehensive programmes of Pentathlon for an adult and a youth audience.

The project is targeted at the following categories, as both direct and ultimate target groups:

- 1) Young people aged 18-30 not practising Sport and motivated to approach physical activity and Sport practice through Pentathlon.
- 2) Adults aged 31-55 who are not taking part in Sport and wish to approach Pentathlon as an instrument of physical activity and wellbeing/active ageing

EHPARP includes the following activities:

Activity 1 - Research and selection of existing Athlete profiles for empowerment as Coaches and Trainers in the context of Pentathlon programmes for young people and adults in all partner countries.

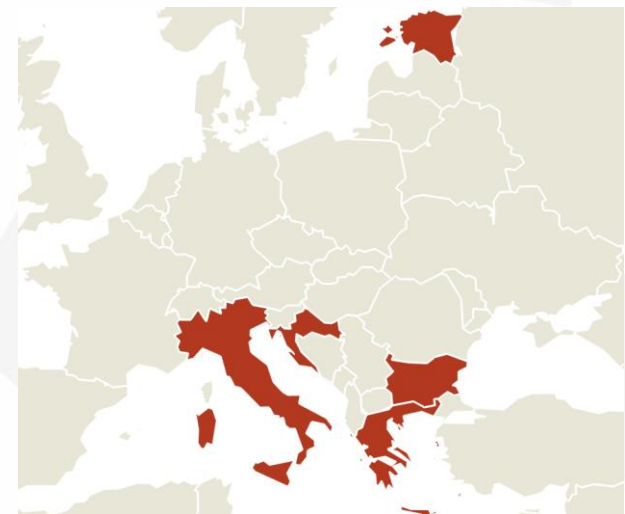
Activity 2 - introduction of a Training Format for the empowerment of Pentathlon Coaching/Training profiles by means of a combination of good practice research, identification of needs and inputs by selected Athletes in the context of local workshops.

Activity 3 - Local Piloting of the Format with selected Athletes.

Activity 4 - Round of local workshops of Pentathlon practice with a target of young people and adults in gender-mixed and gender balanced groups.

The workshops will take place in each partner country with an audience of 30 young people aged 18-30 and 30 adults aged 31-55 per country.

Activity 5 - Online platform with learning modules and simulations of online exercises for an audience of prospective Coaches and Trainers in Pentathlon, comprised of exercises and simulations. The Platform will be compounded and connected to a specific APP for the measurement of users' performance.





## IT'S ALL ABOUT US

Budžet: 53,965.00 Sufinanciranje 100 %

Vodeći partner: GAYCS LGBT ASSOCIAZIONE DI PROMOZIONE SOCIALE, Italija

Hrvatski partner: Platypus, Zagreb

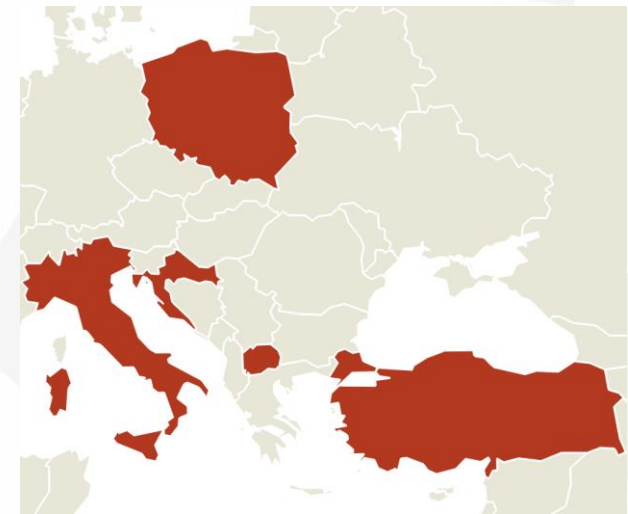
"IT'S ALL ABOUT US" project encourages social inclusion and equal opportunities in sport for trans\* people. Trans\* people find themselves in a situation of constant difficulty and discrimination. In all areas of life. Starting from their family, in schools, and in university environments. For them it's very hard to find a job, in fact according to a recent research carried out by Arcigay 19% of LGBT people (lesbians, gays, bisexuals and trans) having been discriminated against at work. But this percentage rises over 45% for people in transition from F to M gender, and even over 55% for those in transition from the M to F gender. We know for sure that over 50% of European LGBTI people try to avoid specific places for fear of not feeling safe to declare their identity and in 42% of these cases, the mentioned places are sports associations. We must therefore support organizations in knowing how to include.

General Objective: Encourage the inclusion of trans\* in sports associations.

Specific Objective 1: Raising awareness on the dynamics of oppression and discrimination of trans\*.

Specific Objective 2: Provide tools to the staff of sports associations to foster a more inclusive environment that is supportive and welcoming to trans\* people.

Specific Objective 3: Promote good sports practices as educational and equality promotion moments.



# A EUROPEAN COLLABORATIVE AND INNOVATIVE PARTNERSHIP TO PROMOTE PHYSICAL ACTIVITY AFTER STROKE EVENT

JAČANJE RAZVOJNIH KAPACITETA  
PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: 400,000.00 Sufinanciranje 100 %

Vodeći partner: UNIVERSITA DEGLI STUDI DI ROMA LA SAPIENZA, Italija

Hrvatski partner: HRVATSKO DRUSTVO ZA PREVENCIJU MOZDANOG UDARA, Zagreb

In 2015, there were nearly 1.6 million new stroke cases in Europe. With recent improvements in the care of patients presenting with an acute stroke and wider availability of pharmacological treatments, the majority of patients are surviving the initial insult. Despite this, only 1 in 3 patients with stroke makes a full recovery. At 6 months after stroke, 40% of stroke survivors have difficulties with basic self-care (e.g., dressing, feeding) and more than 30% of stroke survivors report participation restrictions (e.g., fulfilling societal roles) even at 4 years after stroke. According to the ERASMUS+ SPORT program the project addresses the objective to promote the awareness of the importance of health-enhancing physical activity among stroke patients and encouraging social inclusion, the participation in sport and physical activity for all, including stroke patients, namely patients with several disabilities. The activities of the project will increase the knowledge of the physicians and trainers in the partner countries on the link between physical activity and stroke, moreover the project should provide physical and educational activities to change lifestyles for individuals. From an individual's perspective, the project will increase awareness, involvement and acceptance of patients and will motivate them to perform physical activity changing their lifestyle and to maintain a high adherence to physical activity programs and therefore to increased levels of participation in sport and physical activity, going beyond their disabilities. The activities of the project will be the following:

- The delivery of an analysis of the local context of the participating countries
- Identification of good practices in the field
- The important part dedicated to medical education will allow increasing healthcare professionals and operators' knowledge, through the Train the Trainers methodology, the self-learning and the scientific presentations.



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## NEXT - Neighbourhood Sport: get healthy, get closer

Budžet: 351,291.00 Sufinanciranje 100 %

Vodeći partner: UNIONE ITALIANA SPORT PER TUTTI ASSOCIAZIONE DI PROMOZIONE

SOCIALE RETE ASSOCIATIVA NAZIONALE

Hrvatski partner: SPORTSKA ZAJEDNICA ISTARSKE ŽUPANIJE, Pula

In order to tackle unhealthy habits among sedentary people, the project NEXT Sport is grounded on the idea to bring movement to the places where sedentary people find themselves, rather than promoting activities in places where sedentary people should go. Places chosen to involve sedentary in physical activities are the common areas of condominiums and the surrounding public gardens, streets and squares, namely the Neighbourhood. This aim will be pursued by linking key actors through the sport and condominiums/neighbourhoods' systems and providing useful tools and learning opportunities to grassroots sport organizations in view of the provision of "NEXT Sport" modules to the target groups: children, the working population and the elderly residing in the neighbourhoods. To reach this goal the project foresees to:

- establish and run a broad thematic network
- share best practices of neighbourhood sport
- build in the participating organizations the knowledge basis for the set-up of the proposed approach
- build capacities to engage sedentary people in PA in common or public spaces
- test and validate a transferable methodology via pilot events
- develop NEXT Sport guidelines
- disseminate project results and advocate the issue to policy makers





## Sport for Increasing Socialisation and Abilities of Autistic People

Budžet: 58,920.00 Sufinanciranje 100 %

Vodeći partner: FEDERAZIONE TRENTINA DELLA COOPERAZIONE SC

Hrvatski partner: Savez udruga za autizam Hrvatske, Zagreb

The SISAAP project (Sport for Increasing Socialisation and Abilities of Autistic People) aims to favour social inclusion and to ensure equal opportunities through sport for people suffering from Autistic Spectrum Disorders (ASD). This disease affects many children and adults and causes persistent deficits in social communications and social interactions. In Europe there are few organisations promoting sports activities for people affected by ASD, and the majority are not sufficiently skilled to work with this target group who cannot simply be considered under any form of intellectual disability but require a specific approach. The main objective of the SISAAP project is to bring together a European and complementary network of experts spanning the entire value chain for water sports in autism, including trainers and key actors dealing with ASD. This will favour the international mobility, the cross-sector and interdisciplinary cooperation, in order to exchange knowledge, working methods, skills and, as a consequence, the upskilling of people working within this field and the redesigning of their professional profiles. In this respect, the project will provide a contribution to overcome the lack of adequate training programmes for practitioners. Furthermore, findings emerged within the three transnational meetings held in Croatia, Spain and Italy will be collected in a mini catalogue of sports opportunities for ASD people and the professional figures needed for their implementation, which is addressed to sports associations, coaches and trainers, alongside the families of ASD people, all to be shared at transnational level. The European added value of the SISAAP project is to foster the cooperation of relevant stakeholders through the exchange of good practices and the new and holistic forms of cooperation.





## European network of volleyball clubs

Budžet: 60,000.00 Sufinanciranje 100 %

Vodeći partner: ASSOCIAZIONE SPORTIVA DILETTANTISTICA U.F.S. PHOENIX, Italija

Hrvatski partner: ODBOJKASKI KLUB LINGA OSIJEK

ODBOJKASKI KLUB ZRINSKI NUSTAR

The Volley4EU Project aims at creating the European network of volleyball clubs and sharing good practices in order to: provide a high level of protection of young volleyball athletes; prevent and minimise any risks of health or safety hazards or any other form of “violence” athletes may be victims of as a results of their sport activities; promote physical activity and healthy lifestyles amongst young generations; raise awareness on positive effects of sport for personal development and wellbeing.

The project consortium is composed by six volleyball clubs: one from Italy and Slovenia, two from Croatia and two from Serbia, particularly active in promoting safe and healthy sport environments for their athletes. The project will focus on five transnational meetings, as the ideal way for sharing experiences and a precious source of inspiration for participants, especially through practical observation and study visits in other partners' Countries. Within the project work programme, the First International Female Volleyball Competition “Volley4EU” will be organized in Italy on September 2020, in the framework of the European Week of Sport. The 3-days international competition will feature trainings and competitions for partners' teams Under 14, 16 and 18 open: in total 28 matches will be played, 18 teams and around 270 athletes will be involved in the competition, more than 2.500 visitors are expected to attend the sport event. Young athletes will benefit from the project especially thanks to improvement of safety conditions and reduction of risk of accidental injuries in training and competitions, development of positive behaviours and healthy lifestyle, increase of physical activity. The project will also create the conditions for developing the European dimension of grassroot volleyball clubs as well as strengthening the EU cooperation between volleyball clubs in protecting young athletes from both physical and mental harmful in sport context.



# From Small to Great; the development of high-level gymnastics in small European countries

**JAČANJE RAZVOJNIH KAPACITETA**  
PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: Sufinanciranje 100 %

Vodeći partner: STICHTING FLIK-FLAK, Nizozemska

Hrvatski partner: GK INOVA-GIM OSIJEK

'From small to great' (The development of high-level gymnastics in small European countries) The main objective is to empower small countries with high ambitions in high-level gymnastics. Not by copying ways and manners from big countries but by sharing knowledge and good practices with other small countries. This with special concern for the well-being, the health and the safety from our (young) gymnast. If you have little, you can't afford to lose a lot! Many small European countries are struggling with the constitution of gymnastics in their country. In the past episode, West-Europe was overwhelmed by foreign coaches from successful countries in gymnastics. These successful countries were or very big, like USA, China, Russia or were socialistic, or political communistic organized. In case of the last one; although many of them were small countries, they all spent an exceptional amount of money on sports. After the fall of the communism all the resources in these countries for gymnastics disappeared. They have the challenge to rebuild the gymnastics in their countries, without all the resources from the past. Now they have to ask money from their gymnasts and they have to organize commercial activities to pay the bills. As small European countries we realize now that it is not a good idea to copy systems or trainings methods from big countries. We discovered that models that are used in big countries (survival of the fittest for example) are not working in countries with a small population. Most of the time it leads to an unfriendly and aggressive climate with a lot of tears in the gym and a very high rate of dropouts. In this project we want to explore the possibilities to achieve higher results in gymnastics in one site and to reduce the unnecessary harm to children and the undesirable dropout from gymnast on the other site. This will empower small countries on the international level and will bring more joy to all gymnasts in Europe.



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## SKILLS by SPORT 4 MED

Budžet: 393,748.00 Sufinanciranje 100 %

Vodeći partner: INSTITUTO UNIVERSITARIO DE LISBOA, Portugal

Hrvatski partner: HRVATSKI AKADEMSKI SPORTSKI KLUBOVI MLADOST SVEUCILISTA U ZAGREBU

The project addresses the objective of promoting sport education and skills development for the labor market (employability and entrepreneurship) in the Mediterranean Region, North and South Coast. The main activities are: Gap Analysis, Elaboration of Open Educational Resources, Coaches Training, Pilot areas. The main target groups of the project: Coaches and sport instructors; Youths and unemployed (including cluster of migrants, also in qualified repatriation perspective) for (re)integration into the labor market. The project aims at promoting in a strategic way social transformation through sport in the Mediterranean region, by focusing on sport as a vehicle for promoting work capacities and employment/entrepreneurship. This objective goes in line with the main priorities of EU policies, not only in the frame of sport, but also in integration, immigration, development, security and international cooperation. In this sense Sport in this project is not an end but a “mean” (a tool) for addressing the social and economic problem of low employment, and hence massive migration processes, insecurity and terrorism threats.

The key need which the project addresses is the high unemployment rate in the Mediterranean Basin (both North and South Coasts), which can be efficiently addressed only through a long term oriented strategy aimed at strengthening the labour force capacity, including entrepreneurship. A second key need which the project addresses is the growing need of “empowering sport” as a tool for social impact-change, i.e. empowering sport as a means and no longer considering it only as a scope in itself. A third key need is promoting a cooperative and trustful environment between South Coast and North Coast in the Mediterranean Basin. The planned event in Egypt has the potential to become a little mile-stone in the cooperation dynamics. The high reputation of the Consortium including United Nations ILO ensures a high-impact perspective to the initiative.



# InclusiveNet



Budžet: 43,875.00 Sufinanciranje 100 %

Vodeći partner: KLUB ZA OSNAZIVANJE MLADIH 018 UDRUŽENJE, Srbija

Hrvatski partner: UDRUGA ZA PROMICANJE POZITIVNE AFIRMACIJE MLADIH U DRUSTVU IMPRESS DARUVAR

Consortium of "InclusiveNet" project consists of 5 organizations and associations/clubs for persons with disabilities - Club for Youth Empowerment 018 (KOM 018) and Tennis table club for persons with disabilities "Nais" from Nis - Serbia, Udruga "Impress" from Daruvar – Croatia, "Youthorama" from Thessaloniki – Greece and "Council for prevention of juvenile delinquency" from Kavadarci – North Macedonia. Project "InclusiveNet,, would be implemented in the period 01.01. - 31.12.2020 in 4 countries - Croatia, Greece, North Macedonia and Serbia. The project will address the topic of "Encourage social inclusion and equal opportunities in sport".

Project General Aim:

- To develop informal InclusiveNet – network especially targeting organizations and clubs working youth with disabilities and youth at risk and increase transnational cooperation

Specific objectives:

- To increase the capacities of the partner organizations and clubs to operate at transnational level and exchange good practices in the field of inclusive sports
- To educate members of partner organizations and clubs to plan and organize awareness raising campaign
- To map sport clubs in the local communities, especially targeting those working with people with disabilities and with youth at risk and develop set improvement of the position of clubs and sport workers
- To empower local communities to develop understanding for projects vulnerable groups and to promote universal rules of sports in the local community, discrimination and social exclusion of youth with disabilities and youth at risk at the local and international level
- To improve and strengthening European cooperation in regard to work with youth with disabilities and youth at risk

Activities will include 3 Transnational project meetings and 2 local activities organized in 4 countries.





## Green Line of Reconnection

Budžet: 57,160.00 Sufinanciranje 100 %

Vodeći partner: PLANINARSKI KLUB TARA, Srbija

Hrvatski partner: Planinarsko društvo Zeljeznicar Gospić

The general objective of the Green Line of Reconnection (GLOR) project is: To improve cooperative activities of the mountaineering clubs from Balkan region through improvement of mobility, communication and sharing good practices between volunteers, mountain guides and other experts. The objectives will be accomplished through the five transnational meetings in participants home countries. First meeting is necessary for coordinating the project management team, and the last one is planned for examination of the project results and preparing the final report. The key activities of the GLOR project are the ones planned for the meetings of the experts and volunteers from the participating organizations. Those activities are design to strengthen the links between the participants from the different countries. GLOR project relies on the idea of Via Dinarica long distance path which naturally connects the neighboring Balkan countries on the line of the Dinaric Arc. In correlation with this, as the new parts of the Green route are going to be marked, we will use an innovative approach with uploading and sharing new GPS and other data on Via Dinarica web platform. The participating organizations, after the project is realized, are going to continue and further improve the cooperative activities in the different disciplines of the mountaineering sport. By making the project, related activities and results highly visible, we are aiming to spread the idea of reconnecting to the other local clubs from the region.



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## Power of Knowledge - 2020

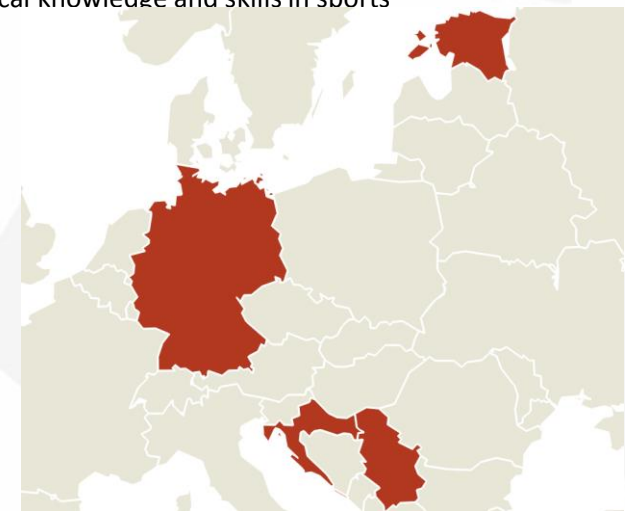
Budžet: 44,005.00 Sufinanciranje 100 %

Vodeći partner: EVROPSKA ORGANIZACIJA MLADIH, Srbija

Hrvatski partner: TERRA SLAVONICA, Ivanovci

One of the basic and universal rights of children and young people is the right to engage in sports, BUT under the guidance and control of qualified sports workers or trainers. They (coaches, sports workers), (besides children parents), have the greatest influence on shaping not only the sport experience, but also the whole life of young people, in the most sensitive phases of their psycho-physical and social development. They represent a part of the Sports Triangle, which consists of: TRAINER-ATHLETES-PARENTS. In this triangle, apart from their parents, their role and responsibility in the sports and psychological development of young athletes is enormous. Today, many parents as well as trainers are unaware of the importance of their role, which is often wrongly performed, and thus deprives children of positive sports experiences, the acquisition of valuable life skills, entertainment, enjoyment, psychological growth and development. Sports trainers, apart from educating children and youth about sports tactics and techniques, they also develop their speed, skill, strength, balance, endurance. Etc. In addition to sports, there are also social aspect that can be transmitted through their work. Trainer teach them through the sport to; how to cooperate, to compete, to act under pressure, how to solve conflict situations, etc. Considering these facts, we became aware of the educational potential that sport has on young people, and therefore we decided on the project "Power of Knowledge - 2020", which first time puts sports workers-trainers who, apart from their parents, have the most important role in the development of young athletes and children.

General objectives: The project contributes to the development of school and recreational sports, through the advancement of theoretical / practical knowledge and skills in sports workers (trainers, professors of physical ... etc).





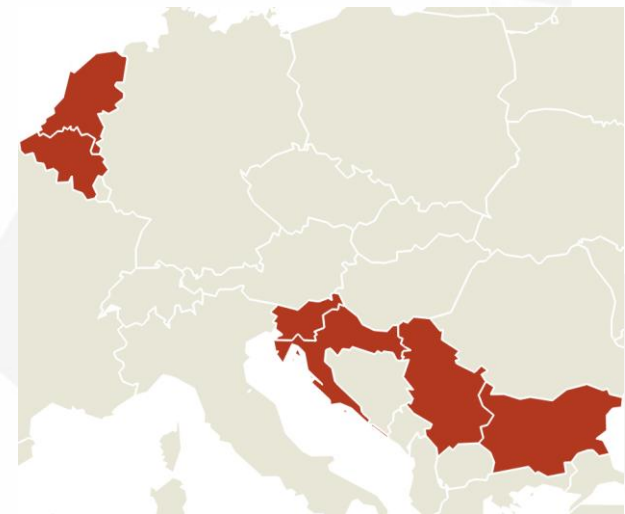
## Sport for Health Network - Sport4HealthNet

Budžet: 297,072.00 Sufinanciranje 100 %

Vodeći partner: UNIVERZITET U NOVOM SADU, Srbija

Hrvatski partner: SVEUCILISTE U ZAGREBU KINEZIOLOSKIFAKULTET

The transnational network of 6 European Countries – Sport4HealthNet with a synergise approach will address two issues as major concerns and obstacles for citizens to be more active: lack of time and better sport local infrastructure which converges on a set of HEPA guidelines. The overall idea to be evaluated in this project is that advanced practices and knowledge on alternative physical activities in/around the workplace represents a quantifiable health benefit, contributing to increasing healthy lifestyle behaviour in working population, resulting in mood improvement, higher productivity, decrease in absenteeism and lifestyle diseases. The specific objectives of this project are: (1) to evaluate target groups of employees for health profiles before/after an educational intervention; (2) to develop user-friendly digital guidelines for physical activity at workplace that includes multicomponent interventions with innovative activities (including stretching and strength exercise); (3) to provide an educational intervention and practical demonstration by a HEPA-recognised professional how to implement novel interventions in work settings; (4) to determine the extent to which the intervention would yield an additional benefit for health profiles ; (5) develop a user-friendly inventory of sport and leisure facilities on Google maps in 6 project cities and (6) to promote and disseminate project results using popular media, non-professional and professional bodies and relevant events. The results of the present project will ultimately lead to a more specific and effective guidelines for physical activity promotion that should facilitate favourable behaviour modification for active healthy living in the working population. It will also aim to influence stakeholders, including particularly local authorities and employers to improve provision for this type of activity, like facilities , space and time during working hours, etc.





## Active Park

Budžet: 52,820.00 Sufinanciranje 100 %

Vodeći partner: TREND-PRIMA, ZAVOD ZA RAZISKAVE IN RAZVOJ ZNANJA, MARIBOR

Hrvatski partner: SPORT VIV, Samobor

The project idea of "Active Park" is to increase the level of physical activity of children with special needs in primary schools. The project promotes popularization of grassroots sports and physical activities for children with special needs offering them equal opportunity in sport. Children with special needs often could not engage in any sports due to their physical limitations. The project encourages social inclusion and equal opportunities, which is the main aim of the project, while the parallel aim is to promote sport activities in nature, so that are available for all children and to emphasize the importance of sports activities in nature. The project is focused on using existing facilities in local environments that will be used for implementation of the sport events "Active Park" (parks, playgrounds, sports parks, open fields, etc.), revitalized them. "Active Park" events will be organized in each partner's countries and will be promoted intensively on the project website, leaflets, and social media. Creation of synergy between local, regional, national and international policies and educational and sport organizations/associations, sport related organizations to promote sport and physical activity for all EU citizens and ensures equal access, is an important aspect of "Active Park". We will create the Guide of Good Practices to motivate children with special needs for physical activities and design a set of outdoor sports and exercises for children with special needs. On the project e-learning platform there will be outdoor sports & exercises for children with special open for public. The project "Active Park" can be easily replicated, enlarged and multiplied, in that it can become a model in building a multicultural partnership suitable for building European conditions that promote physical activities for children with special needs of different European countries.



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## ASporty

# JAČANJE RAZVOJNIH KAPACITETA PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: 42,824.00 Sufinanciranje 100 %

Vodeći partner: DRUSTVO ZA KULTURO INKLUZIJE, Slovenija

Hrvatski partner: Centar za autizam Rijeka

With this project we will enable collaboration on the sports field among three organisations: applicant organisation Association of inclusive culture (Slovenia), partner organisation Centar za autizam Rijeka (Croatia) and partner organisation Klettaskóli (Iceland). Our project will last from January 2020 to December 2021 and will consist three parts: performing special sport programmes for athletes – children and youngsters with Autism spectrum disorder, intellectual and combined disabilities in each country, performing four transnational meetings of participants (coaches and staff) and learning about good practices abroad and promoting of project activities and outcomes. Our main aims are: to share and upgrade knowledge, to upgrade the existing sport programmes with new knowledge, methods and equipment, to encourage and to monitor athlete's progress and development on the sports field, to provide quality afternoon free time with sport activities to encourage social inclusion and equal opportunities in sport, to improve group sport activities with the goal of developing and improving social and communication skills of athletes, to raise awareness to the parents and teachers about healthy and complete development of children, to develop foundations for sport educational programme for coaches, to promote importance and positive effects of physical activity for athletes, to upgrade partnerships and future collaboration among partners, to connect the experts from the field of sports and the field of special pedagogy, to strengthen the field of sports inside every partner organisation, to motivate, involve and train volunteers for working with athletes. The project will have an important impact on four basic target groups, which are: group of participants, coaches and staff, group of athletes – children and youngsters with Autism spectrum disorder, intellectual and combined disabilities, group of participating organisations and others interested public, experts, parents.



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# FitBack



Budžet: 399,886.00 Sufinanciranje 100 %

Vodeći partner: UNIVERZA V LJUBLJANI

Hrvatski partner: SVEUCILISTE U ZAGREBU KINEZIOLOSKIFAKULTET

Focusing on physical fitness, the FitBack project will address the need identified by the EC to overcome difficulties in physical activity monitoring. In accordance with European HEPA policies' recommendations, it will also extend and deepen the cooperation at transnational EU level and share information and exchange best practices of physical fitness monitoring systems developed across Europe. The purpose of the project is to prepare a multilingual web platform FitBack that will provide feedback on the different components of physical fitness of an individual child/adolescent, and contain key information for the establishment of a national, regional or local system for monitoring physical fitness. By creating such a platform, we aim to bridge gaps between European political recommendations and the current state of affairs, and improve cross-talk between sectors (education, health, sport). Furthermore, the European network for the support of development of systems for monitoring physical fitness of children and adolescents at local, regional, national and European levels that will be established through this project will allow examination of population trends, the effects of national policies and interventions, and enable the prediction of future trends. Therefore, the project has two vital parts addressed to different target groups:

1. The FitBack online application for adolescents, parents, teachers, physicians and coaches will provide userfriendly graphical report containing information on the physical fitness of an individual based on the appropriate reference values.
  2. Info point on the FitBack web platform for policy makers on local, regional and national level will contain essential information about establishing systems for the monitoring of physical fitness of children and adolescents.
- To gather feedback on the usefulness of both essential parts of project, we will conduct multiplier sport events with target groups in partners' countries.





## Change your mind, coach

Budžet: 341,055.00 Sufinanciranje 100 %

Vodeći partner: SLOVENSKA UNIVERZITETNA SPORTNA ZVEZA

Hrvatski partner: HRVATSKI AKADEMSKI SPORTSKI KLUBOVI MLADOST SVEUCILISTA U ZAGREBU

The Mind\_Coach project intends to develop a training course for trainers/ coaches and their trainers (direct target group) aiming at identifying discriminatory behaviour expressed by athletes 16-21 years old. The project will develop the appropriate tools and methodologies for the direct target group so they can, through the use of appropriate and targeted examples, be aware when one of their athletes demonstrates intolerance and nonacceptance, which could lead to marginalisation of their peers, and introduce practices/ activities/ tasks related to the sport which they practice aimed at addressing this behaviour. The partners will engage, apart from the direct target group, sport associations/ clubs, parents, local authorities, education providers, and, of course young adults 16-21 years old (final beneficiaries) throughout the implementation of the project, in order to collect feedback and validate that the final outputs produced indeed achieve the overarching objective of the project. The results of the project are: a current situation report, which will identify the situation in the participating countries and will provide essential information for the course development, the Mind\_Coach training course, the didactic manual for trainers of trainers/ coaches, the eLearning platform, the report on the pilot phase undertaken and its results, as well as Policy Recommendations. Moreover, the consortium will implement multiplier events across all participating countries, with the intention of engaging as early as possible the target group, the final beneficiaries, the stakeholders, as well as the general public.





## Fit & Wise Seniors

Budžet: Sufinanciranje 100 %

Vodeći partner: TREND-PRIMA, ZAVOD ZA RAZISKAVE IN RAZVOJ ZNANJA, MARIBOR

Hrvatski partner: SPORT VIV, Samobor

With this project we want to stimulate the sporting activity of older people to remain vital and healthy in mature years. Special attention will be aimed to older people in retirement homes, retired (pensioners') associations, and elderly people who are at home. The project promotes equality in the involvement of all people's sports activities, a special emphasis will be given to sports activities outside, in the nature. Health conservation is an important aspect, just like the knowledge of disease and disability, which are common for older people, is also very important, and exercises will be adapted according to the above. In 2015, ISCA commissioned a study called the "Economic Costs of Physical Inactivity in Europe", showing that half a million Europeans die every year as a result of being physically inactive. One in four adults across Europe is currently physically inactive. Training for seniors proposes new dimension in context of innovative exercises for seniors respecting their physical condition, limitations per age and physical ability (illness, health problems, disability etc.) in harmony with nature. Project will covered three main sets of activities: development and pilot of training for the elderly (65+) for outdoor implementation, train the trainers volunteers from sport organizations and pilot implementation (including healthy nutrition). At the training programme development we will consider three aspects: movement & nature & socialising . Project is focused on the development of an exercises for seniors 65+, which will be adapted to their abilities and possibilities. Exercises will be conducted outside in urban environments as city parks, yards, forests, playgrounds. Exercises would be taking into account the capacity of each individual. Creative exercises for seniors will be developed within the project partnership by sports professionals. Sport volunteers will be trained for managing workouts for seniors with support of e-learning platform.





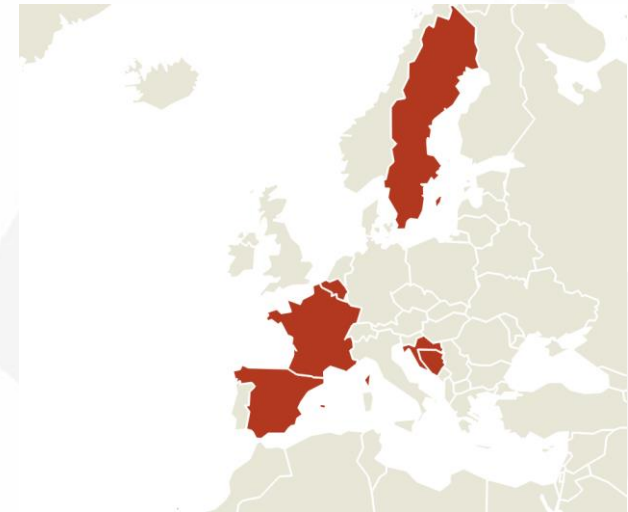
## Opportunities for inclusion of vulnerable youth through sport

Budžet: 381,303.00 Sufinanciranje 100 %

Vodeći partner: AJUNTAMENT DE GRANOLLERS, Španjolska

Hrvatski partner: HRVATSKI AKADEMSKI SPORTSKI KLUBOVI MLADOST SVEUCILISTA U ZAGREBU

The purpose of the Sport!OP! project -Opportunities for inclusion of vulnerable youth through sport - is to develop local community-based strategies using sports as a vehicle of social inclusion. The project targets most socially vulnerable young people, between the age of 8-20 years – with special attention to girls - & aims to design & implement an intervention based on the promotion of resilience through the practice of sport. Inviting up until today separated groups, requires joint efforts between several players on the local & regional level, and that is why the Sport!OP! takes a multi-stakeholder approach, in which public, private & voluntary organizations have an interest & a role to play. This provides an opportunity to use an integrative approach & to create a network of local key stakeholders working together towards the same objective. This will be achieved with the consolidation of the local community-based strategies (SO1), which will form a Strategic Action Plan (IO3). In addition, the partnership will uncover good practices related to sport activity proving a socio-educational value (SO2), gathered in the Mapping (IO1), design & implement a pilot methodology promoting resilience through sport activities (SO3) with the Methodological Handbook (IO2) & finally, evaluate & consolidate the key lessons learned (SO4) to define a socio-educational proposal, replicable to other contexts, & elaborate useful policy recommendation (IO4). The project will focus on small to medium sized municipalities facing social deprivation in its neighbourhoods from Spain, France, Belgium, Sweden, Croatia, Bosnia & Hercegovina. As a bottom-line, the project expects to build resilience and improve social & life skills, ultimately increasing the welfare of the socially vulnerable young groups and their participation in sport activities – especially from girls, while having better interaction & a sense of belonging with the local societies.





## Social Sport, Inclusive Community

Budžet: 51,910.00 Sufinanciranje 100 %

Vodeći partner: SVENSKA UNGDOM LEAGUE, Švedska

Hrvatski partner: RIJEKA SPORTS ASSOCIATION FOR PERSONS WITH DISABILITIES

“Social Sport, Inclusive Community” is a small collaborative partnerships project wanting to foster the sense of an inclusive European society through the importance of an accessible sport practice open to each groups by including people with difficulties and with fewer opportunities in daily activities. The project will involve local motivators who will create local activities and also support an Instagram page and a series of podcast to strengthen the experience sharing. Motivators and partners will raise awareness among other people and local communities on the importance of being active and inclusive, by having the tools to improve people standards in an accessible and innovative way. Sport should be seen as a way to grow personally but also socially. To live better with themselves and with the others, by creating the sense of a community that can improve and be improved.





## Bocce For Everyone form 7 to 70 Years

Budžet: Sufinanciranje 100 %

Vodeći partner: KARASU GENCLIK, SANAT VE SPOR KULUBU DERNEGI,

Hrvatski partner: SPORT VIV, Samobor

The project includes 5 partners and the partners are from Turkey (2), Romania, Croatia, and Bosnia and Herzegovina. The project is about social inclusion of people in rural areas because children, women, men and elder people in rural areas do not have any social activities and spend their lives on their own daily routines. On the other hand, EU Member States and their regions draw up coordinated rural development programmes (RDPs), which follow a set of common priorities including 'promoting social inclusion'. Thus, we aimed to help these people have a more active life and do exercise by using Bocce sport as a tool. In our project, Bocce coaches will teach this sport to children of 10-14 age groups with Physical Education teachers at schools and then children who get this sport skill will be asked to teach this sport to their families and people in the region. After that, a local bocce tournament will be organized in the region and people in the rural area will be encouraged to attend it. The children will be the coaches of their family members. Three winners of the tournament and their coaches will attend to the final bocce tournament in Turkey. In this way, both children and individuals will be involved in social life, and giving responsibility to children will contribute to their personal development. Thus, there will be encouragement to social life and the project will provide equal opportunities in sport for people in rural area. For the dissemination activities, every organization will prepare a video of their activities and tournaments. They will share all the project activities on social media by using a defined hash tag. There will be created a web-site for the project. The other dissemination ways are press conference, banners, 10 press release online or in printed newspapers, 4 project panels, 100 hats, t-shirts, and wristbands.



## Darts4Blind

# JAČANJE RAZVOJNIH KAPACITETA PRIMORSKO-GORANSKE ŽUPANIJE



Budžet: 58,775.00 Sufinanciranje 100 %

Vodeći partner: KAHRAMANMARAS SUTCU IMAM UNIVERSITESI, Turska

Hrvatski partner: RIJEKA SPORTS ASSOCIATION FOR PERSONS WITH DISABILITIES

As we know, many visually impaired individuals live in the world and throughout Europe. Visually impaired individuals face many problems throughout their lives. The deficiencies of the physical environment such as the lack of preparedness for the individuals, the insensitivity of the people and the state policies prevent the visually impaired individuals from continuing their lives comfortably. Therefore, visually impaired individuals face many mental and sensory problems. In response to these problems, Visually Impaired Individuals prefer a lonely life by creating their own worlds away from social life and people.

Kahramanmaraş Sütçü İmam University School of Physical Education and Sports has developed and modified the sport of darts for the visually impaired. Together with our Project Partners, we will establish a European Network and spread the Darts sport in the visually impaired individuals. Thus, the integration of visually impaired individuals into social life will be one of our goals.



«Projekt je sufinancirala Europska unija iz Europskog fonda za regionalni razvoj»

