



Project coordinated by  
**EuroDEMOS**  
*Civic Attitude Association*

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Authorizations: IS 001360, IS 001361

*European Project*

# Civil Society

## A Fair Play Actor of European Union



# BROCHURE

Informative-educative brochure  
the role of sport activities for  
the sustainable development of the community



[www.fairplaycivilsociety.ro](http://www.fairplaycivilsociety.ro)



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European project

## Civil Society – a Fair Play Actor of European Union

# BROCHURE

Informative-educative brochure - the role of sport activities for  
the sustainable development of the community

EuroDEMOS Association,

Iasi - 2017



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### **Civil Society – a Fair Play Actor of European Union**

Vatra Dornei: StudIS, 2017

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Morel Bolea – EuroDEMOS Association

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# I. The role of grassroots sports for the sustainable development of the community

## General Overview

According to the High Level Group (HLG) on Grassroots Sport set up by the European Commission *the Grassroots Sport is defined as:* Grassroots sport is physical leisure activity, organised and non-organised, practised regularly at non-professional level for health, educational or social purposes.

The grassroots sports have beneficial impact on different sectors, such as:

- Health

The undeniable and important health benefits of sport and physical activity and their crucial role in tackling obesity and other non-communicable diseases have been underlined in many ways (research, policy action, targeted funding).

There was broad agreement that the evidence base was strongest and most well-established around the positive physical and mental health outcomes that can result from regular participation in sport. These include reduced risk of heart disease, type 2 diabetes, strokes, certain types of cancer, osteoporosis and obesity, amongst others.<sup>1</sup> Evidence documenting sport's role in improving mental health for those who suffer from depression and anxiety was also highlighted.<sup>2</sup>

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<sup>1</sup> Recommendations of the Chief Medical Officer cited in Q 41, Q 121, Department of Health Be Active, Be Healthy, 2009, cited in GSEU 29 and GSEU 14

<sup>2</sup> GSEU 20, GSEU 19, GSEU 29



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- **Social inclusion and societal benefits**

In light of the important challenges that the EU and its Member States are currently facing in terms of more inclusive societies, the HLG underlined the importance for the EU (the Commission and the Member States within their respective spheres of competence) to increase efforts to support sport as a tool for social inclusion of groups and individuals at risk of exclusion. The focus should be put on the migrants and refugees, while not forgetting other socially-excluded groups (the elderly, people with a disability, etc.).

The Commission Communication draws particular attention to the potential of sport as a vehicle “to promote social inclusion of minorities and other vulnerable or disadvantaged groups and contribute towards better understanding among communities, including in post-conflict regions.”<sup>3</sup>

- **Education, skills, informal learning and personal development**

Sport represents a tool in engaging individuals at all stages in the educational process, contributing to improved academic performance and assisting in the development of skills and attributes which can help move individuals further along the path to employment.

The HLG underlined that sport clubs, associations and fitness facilities used as educational settings, as well as participation in grassroots sports themselves, can make a strong contribution to informal learning and development of transversal skills, such as discipline, teamwork, leadership, problem solving, etc. Additionally, voluntary and professional roles in grassroots sport are increasingly providing opportunities to develop IT, marketing, management and communications skills. Thus, grassroots sport can have a positive impact on decreasing the high numbers of (youth) unemployed by offering opportunities to develop skills and overcome skills gaps. Grassroots sport could contribute by using its social and educational potential to promote tolerance, mutual understanding and European values.

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<sup>3</sup> COM (2011) 12





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- **Volunteering**

Grassroots sport is heavily reliant on volunteers. The Commission Communication addresses the issue of volunteering primarily through the proposal to “support the inclusion of sport-related qualifications when implementing the European Qualifications Framework”<sup>4</sup> and to “promote the validation of non-formal and informal learning gained through activities such as voluntary activity in sport.”<sup>5</sup>

Volunteering makes a positive contribution on many levels, from individual wellbeing and development to community solidarity and organisational and national economic health. The HLG stresses that the role of volunteering in grassroots sport is a fundamental condition for the provision of nationwide accessible, affordable and qualified grassroots sport activities and events in the majority of Member States.

- **Economic dimension**

When addressing the economic impact of grassroots sport, it is important to bear in mind that 60% of Europeans are, with more or less frequency, engaged in sporting activities and that it is estimated that around 60 million people are sports club members in Europe.

*Sources:*

*European Commission, Report to Commissioner Tibor Navracsics 'Grassroots Sport - Shaping Europe', High Level Group on Grassroots Sport, Under the chairmanship of Sir Graham Watson and Niels Nygaard this report was prepared by the co-rapporteurs, Wolfgang Baumann and Carlos Cardoso, and submitted to the European Commission in June 2016.*

<sup>4</sup> The European Qualifications Framework (EQF) “acts as a translation device to make national qualifications more readable across Europe with the aim of promoting workers’ and learners’ mobility between countries and facilitating their lifelong learning.” [http://ec.europa.eu/education/lifelong-learning-policy/doc44\\_en.htm](http://ec.europa.eu/education/lifelong-learning-policy/doc44_en.htm)

<sup>5</sup> EM 5597/11



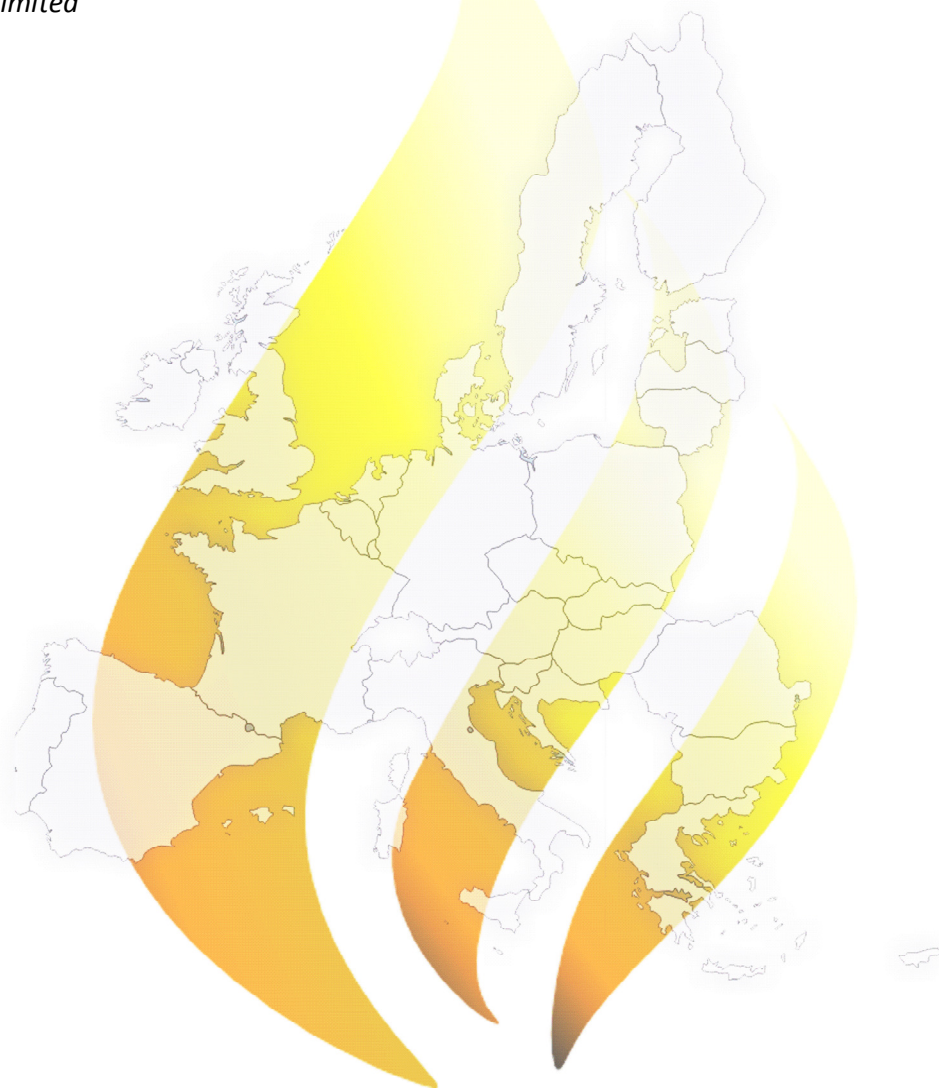
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*HOUSE OF LORDS European Union Committee, Grassroots Sport and the European Union, European Union Committee, 16th Report of Session 2010–11, Published by the Authority of the House of Lords, London : The Stationery Office Limited*





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## **II. European programmes, policies and papers on sport**

### **II.1. Erasmus + Sport Programme**

The Sport Chapter in the Erasmus+ Programme aims to support European partnerships on grassroots sport in order to pursue the following objectives:



# Erasmus+

- Tackle **cross-border threats** to the integrity of sport, such as **doping, match fixing and violence**, as well as all kinds of **intolerance and discrimination**;
- To promote and support **good governance** in sport and **dual careers of athletes**;
- To promote **voluntary activities** in sport, together with **social inclusion, equal opportunities** and awareness of the importance of **health-enhancing physical activity**, through increased participation in, and **equal access to sport for all**.

As provided by the Regulation establishing the Erasmus+ Programme, focus is to be given to grassroots sport.

The Actions in the field of sport are expected to result in the development of the European dimension in sport by generating, sharing and spreading experiences and knowledge about different issues affecting sport at the European level.





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Ultimately, sport projects supported through Erasmus+ should lead to increased levels of participation in sport, physical activity and voluntary activity.

More specifically,

- Increased knowledge and awareness regarding sport and physical activity in Programme Countries;
- Increased awareness of as regards the role of sport in promoting social inclusion, equal opportunities and health enhancing physical activity;
- Strengthened cooperation between institutions and organisations active in the field of sport and physical activity;
- Better participation of sport organisations and other relevant organisations from various Programme Countries in enhanced networks;
- Improved sharing of good practices.

The Actions in the field of sport are expected to contribute to the implementation of the European Week of Sport, which is an initiative launched by the Commission to promote sport and physical activity in the European Union, in the light of declining participation levels.

### **Activities**

- support to collaborative partnerships
- support for not-for-profit European sport events involving several participating countries and contributing to objectives such as social inclusion, equal opportunities, HEPA
- support for strengthening of the evidence base for policy making
- dialogue with relevant European stakeholders



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### **COLLABORATIVE PARTNERSHIPS**

Collaborative Partnerships offer the opportunity to develop, transfer and/or implement innovative outputs and/or engage into intensive dissemination and exploitation activities of existing and newly products or innovative ideas in different areas relating to sport and physical activity. They involve various organisations and actors in and outside sport, including in particular public authorities at local, regional, national and European levels, sport organisations, sport-related organisations and educational bodies.

Collaborative Partnerships are, in particular, innovative projects aimed to:

- Encourage participation in sport and physical activity, especially by supporting the implementation of the Council
- Recommendation on health-enhancing physical activity and being in line with the EU Physical Activity Guidelines;
- Encourage participation in sport and physical activity, especially by supporting the European Week of Sport;
- Promote education in and through sport with special focus on skills development, as well support the implementation of the EU Guidelines Dual Careers of Athletes;
- Promote voluntary activity in sport;
- Combat doping, notably in recreational environments;
- Combat match-fixing;
- Improve good governance in sport;
- Combat violence and tackle racism, discrimination and intolerance in sport;
- Encourage social inclusion and equal opportunities in sport.

Collaborative Partnerships should promote the creation and development of European networks in the field of sport. The EU can thereby provide opportunities for strengthened cooperation among stakeholders, which would not have existed without EU action. Collaborative Partnerships should also foster synergy with, and between, local, regional, national and international



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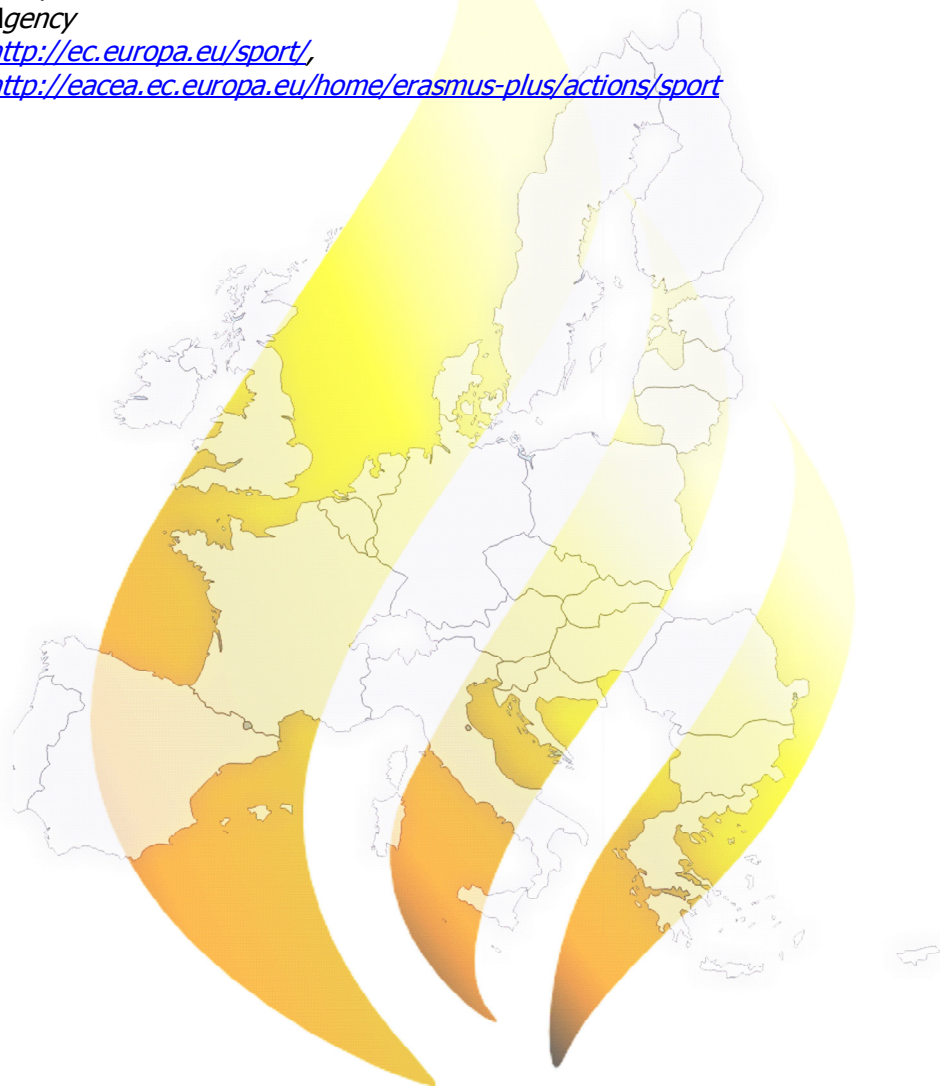
policies to promote sport and physical activity and to address sport-related challenges.

Source:

*European Commission, EACEA Education, Audiovisual and Culture Executive Agency*

<http://ec.europa.eu/sport/>,

<http://eacea.ec.europa.eu/home/erasmus-plus/actions/sport>







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## II.2. Europe 2020 Strategy

### A European strategy for smart, sustainable and inclusive growth

Europe 2020 puts forward three mutually reinforcing priorities:

- Smart growth: developing an economy based on knowledge and innovation.
- Sustainable growth: promoting a more resource efficient, greener and more competitive economy.
- Inclusive growth: fostering a high-employment economy delivering social and territorial cohesion.



With particular regard to EU policy, sport can make a strong contribution to the achievement of three out of the five headline targets of the Europe 2020 Strategy, namely those on employment, education and poverty and social exclusion.

The Commission's Communication highlights a number of ways in which sport can contribute to the targets set out in the Europe 2020 Strategy: "sport has a strong potential to contribute to smart, sustainable and inclusive growth and new jobs through its positive effects on social inclusion, education and training, and public health."<sup>6</sup>

<sup>6</sup> COM (2011) 12



## **EuroDEMOS**

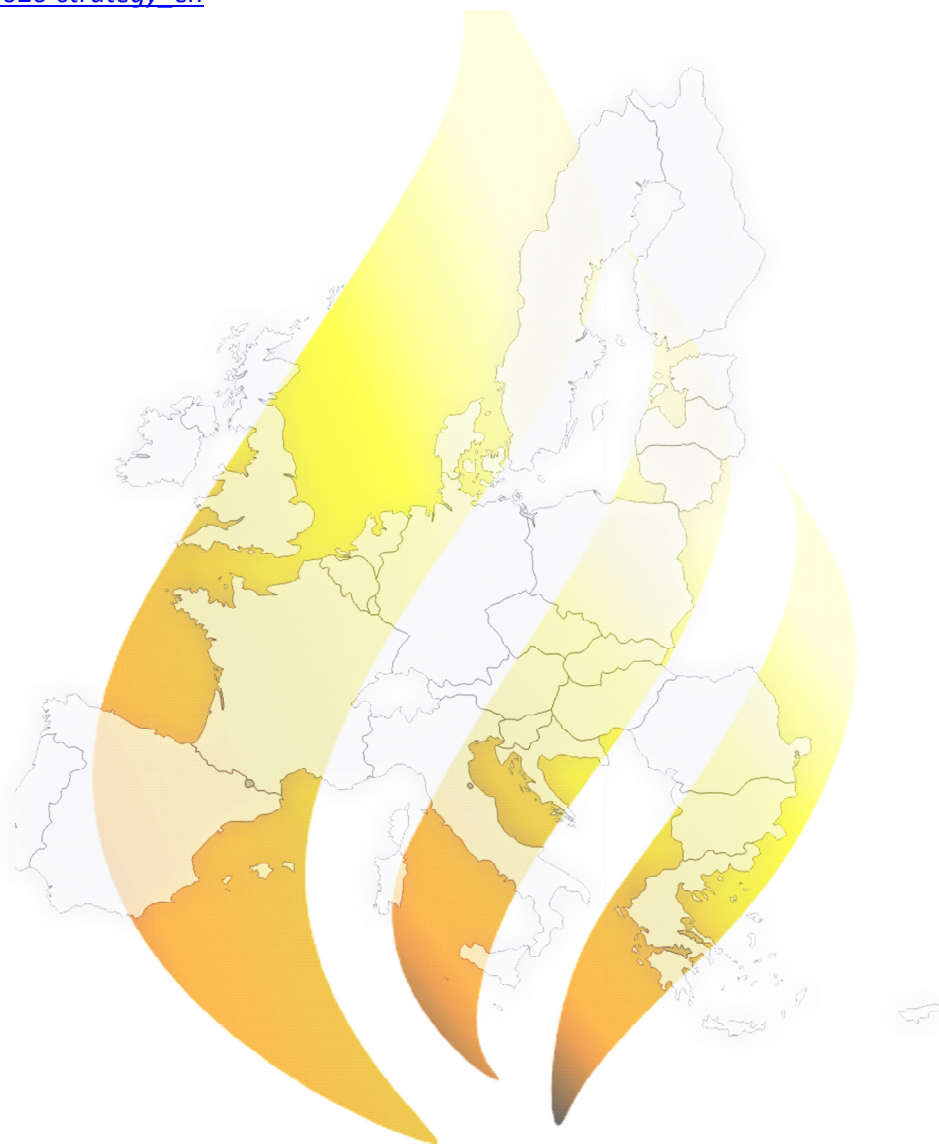
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Source:

European Commission, Europe 2020 strategy,  
[https://ec.europa.eu/info/strategy/european-semester/framework/europe-2020-strategy\\_en](https://ec.europa.eu/info/strategy/european-semester/framework/europe-2020-strategy_en)





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### **II.3. White Paper on Sport**

"Sport is part of every man and woman's heritage and its absence can never be compensated for." – Pierre de Coubertin<sup>7</sup>



COMMISSION OF THE EUROPEAN COMMUNITIES

Brussels, 11.7.2007  
COM(2007) 391 final

The White Paper on Sport contains a number of proposed actions to be implemented or supported by the Commission. These actions are brought together in the present Action Plan, named after Pierre de Coubertin. The Action Plan will guide the Commission in its sport related activities during the coming years while fully taking into account and respecting the principle of subsidiarity and the autonomy of sport organisations.

WHITE PAPER  
WHITE PAPER ON SPORT  
(presented by the Commission)

Content:

#### **1. INTRODUCTION**

#### **2. THE SOCIETAL ROLE OF SPORT**

- 2.1 Enhancing public health through physical activity
- 2.2 Joining forces in the fight against doping
- 2.3 Enhancing the role of sport in education and training
- 2.4 Promoting volunteering and active citizenship through sport
- 2.5 Using the potential of sport for social inclusion, integration and equal opportunities
- 2.6 Strengthening the prevention of and fight against racism and violence
- 2.7 Sharing our values with other parts of the world

<sup>7</sup> Pierre de Coubertin (1863-1937), French pedagogue and historian, founder of the modern Olympic Games.





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### 2.8 Supporting sustainable development

### 3. THE ECONOMIC DIMENSION OF SPORT

#### 3.1 Moving towards evidence-based sport policies

#### 3.2 Putting public support for sport on a more secure footing

### 4. THE ORGANISATION OF SPORT

#### 4.1 The specificity of sport

#### 4.2 Free movement and nationality

#### 4.3 Transfers

#### 4.4 Players' agents

#### 4.5 Protection of minors

#### 4.6 Corruption, money laundering and other forms of financial crime

#### 4.7 Licensing systems for clubs

#### 4.8 Media

### 5. FOLLOW-UP

#### 5.1 Structured dialogue

#### 5.2 Cooperation with Member States

#### 5.3 Social dialogue

### 6. CONCLUSION

#### Sources:

COMMISSION OF THE EUROPEAN COMMUNITIES, WHITE PAPER ON SPORT, Brussels, 11.7.2007, COM(2007) 391 final

COMMISSION OF THE EUROPEAN COMMUNITIES, COMMISSION STAFF WORKING DOCUMENT ACTION PLAN "PIERRE DE COUBERTIN" Accompanying document to the WHITE PAPER ON SPORT, Brussels, 11.7.2007, SEC(2007) 934



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## **II.4. HEPA Europe (European network for the promotion of health-enhancing physical activity)**

HEPA Europe is a network which works for better health through physical activity among all people in the WHO European Region, by strengthening and supporting efforts to increase participation and improve the conditions for healthy lifestyles.

WHO/Europe closely collaborates with the network, consistently with the goals of its programme on transport and health that include the promotion of physical activity as a healthy means for sustainable transport.



### **Objectives**

- ✓ Promote a better understanding of health-enhancing physical activity and give a stronger voice to physical activity promotion in health policy and in other relevant sectors in Europe, including support for workforce development
- ✓ Develop, support, and disseminate effective strategies and multi-sectoral approaches in the promotion of health-enhancing physical activity
- ✓ Foster the preservation and creation of social and physical environments as well as values and lifestyles supportive of health-enhancing physical activity
- ✓ Together with other relevant institutions and organizations, improve coordination in physical activity promotion across sectors and administrative structures.



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### **Guiding principles**

- ✓ Focus on population-based approaches for the promotion of health-enhancing physical activity using the best available scientific evidence
- ✓ Emphasis on the importance of monitoring and evaluation; encouragement of the development of standardized measurement methods and systematic research
- ✓ Encouragement of the ongoing exchange, dissemination and sharing of experience and knowledge
- ✓ Support of cooperation, partnerships and collaboration with other related sectors, networks, and approaches.

All activities of HEPA Europe are based on WHO policy statements, such as the Global Strategy for Diet, Physical Activity and Health, the European Charter on Counteracting Obesity, the NCD Action Plan and on corresponding documents from the European Commission.

Source:

World Health Organisation, Regional Office for Europe  
<http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/activities/hepa-europe>







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## **II.5. EU Work Plan for Sport 2014 – 2017**

Duration: 3 years (2014-2017)

- 3 priorities
- 16 outputs
- 5 Expert Groups:
  - Match-Fixing
  - Good Governance
  - Human Resources Development
  - HEPA - Economic Dimension



### **EU Work Plan for Sport 2014-2017**

#### **Priorities**

1. Integrity of sport, in particular anti-doping, the fight against match-fixing, protection of minors, good governance and gender equality;
2. The economic dimension of sport, in particular sustainable financing of sport, the legacy of major sport events, economic benefits of sport and innovation;
3. Sport and society, in particular HEPA, volunteering, employment in sport as well as education and training in sport.

Source:

European Commission, Expert Groups (EU Work Plan for sport 2014-2017), [http://ec.europa.eu/sport/policy/cooperation/expert-groups-2014-2017\\_en](http://ec.europa.eu/sport/policy/cooperation/expert-groups-2014-2017_en)



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## **II.6. EU Physical Activity Guidelines Recommended Policy Actions in Support of Health-Enhancing Physical Activity**

The EU Working Group "Sport & Health", which is open to participation by all Member States, received a mandate

Brussels, 10 October 2008

### **EU Physical Activity Guidelines**

#### **Recommended Policy Actions in Support of Health-Enhancing Physical Activity**

from Member State Sport Ministers meeting under Finnish Presidency in November 2006 to prepare EU-level Physical Activity Guidelines. The most central concern was to have guidelines suggesting priorities for policies that would promote increased physical activity. For this purpose, the Working Group appointed an Expert Group of 22 well-known experts with the specific purpose of preparing such guidelines.

These Guidelines are addressed primarily to policy makers in the Member States, as inspiration for the formulation and adoption of action-oriented national Physical Activity Guidelines. The purpose of the document is not a comprehensive academic review of the subject, nor a redefinition of WHO recommendations and targets. EU added value is provided by focusing on the implementation of existing WHO recommendations for physical activity, by being action-oriented and by being solely focused on physical activity (and not nutrition or other related topics). This document is intended for a wide range of users who deal with physical activity.



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### **The Guidelines includes:**

1. Benefits of physical activity;
2. Existing physical activity guidelines and recommendations;
3. A Cross-Sectoral Approach
4. Policy Areas:
  - a. Sport,
  - b. Health,
  - c. Education,
  - d. Transport, environment, urban planning and public safety,
  - e. Working environment,
5. Services for senior citizens;
6. Indicators, monitoring and evaluation;
7. Public Awareness and dissemination.

### **Source:**

*European Commission, EU Physical Activity Guidelines Recommended Policy Actions in Support of Health-Enhancing Physical Activity, Approved by the EU Working Group "Sport & Health" at its meeting on 25 September 2008, Confirmed by EU Member State Sport Ministers at their meeting in Biarritz on 27-28 November 2008, Brussels, 10 October 2008*





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## **II.7. European Week of Sport**

The European Week of Sport takes place at EU, national, regional and local level, and is structured to include themes and activities that appeal to all audiences.



Public authorities, the sport movement, civil society organisations, the private sector, grassroots initiatives and individuals are working together to inspire people to be more active.

The Week is structured around four Focus Themes: Education environment, Workplace, Outdoors, Sport Clubs and Fitness Centres. These are the main settings where people can improve their habits and #BeActive!

At the heart of the Week is the Flagship Event, the theme of which will change every year. It brings together decision-makers, stakeholders and experts from across Europe to share best practices and come up with innovative ways to inspire Europeans to get moving through interactive workshops, a high-profile conference and other activities.

The European Week of Sport aims to promote sport and physical activity across Europe. The Week is for everyone, regardless of age, background or fitness level. With a focus on grassroots initiatives, it will inspire Europeans to #BeActive on a regular basis and create opportunities in peoples' everyday lives to exercise more.

Source:

European Commission, European Week of Sport,  
<http://ec.europa.eu/sport/week>



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# III. The project Civil Society – a Fair Play Actor of European Union

## III.1. The project general view

As highlighted in the European Commission's White Paper on Sport, sport activities generate numerous benefits to society starting from its contribution to the EU economy and the value it has for the wellbeing of the citizens. Also, sport activities are a good promoter of social and democratic values such as social inclusion, promoting equal opportunities and equal chances.

The project **Civil Society – a Fair Play Actor of European Union** provides the space for valuing the benefits of grassroots sports in youth work and education as well as in health.

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# CIVIL SOCIETY

## A FAIRPLAY ACTOR OF EUROPEAN UNION

JANUARY 2016 - JUNE 2017

### PROJECT KICK-OFF

16-18 MARCH 2016 ROMANIA

**INTERNATIONAL TRAINING**  
THE VALUE OF GRASSROOTS SPORT FOR EDUCATION AND YOUTH WORK  
APRIL 2016, ROMANIA

**CIVIL SOCIETY SPORT CUP**  
APRIL - OCTOBER 2016

**AWARENESS CAMPAIGN**  
THE ROLE OF SPORT ACTIVITIES IN MY COMMUNITY

**PROJECT PARTNERS**

**PROJECT COLLABORATORS**

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The project **Civil Society – a Fair Play Actor of European Union** is funded by the Erasmus+ Programme of the European Union.

The objectives of the project **Civil Society – a Fair Play Actor of European Union** are:

- ✓ *To strengthen the international cooperation between actors involved in sport activities, youth work and education;*
- ✓ *To raise the awareness on the value of sport and physical activity for the personal, social and professional development of individuals;*
- ✓ *To promote grassroots sports at community level through methods specific to civil society;*
- ✓ *To contribute to the valorisation and recognition of the competences developed through extracurricular activities – sport activities, volunteering and non-formal education methodologies;*
- ✓ *To promote democratic and social values such as social inclusion, equal opportunities and equal chances, fighting against discrimination through sport.*

The project activities have been developed in the framework of an international consortium of active civil society organisations willing to value their expertise in sport, youth work and education fields to strengthen the European partnership and to develop the organisational capacity of the civil society organisations.







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The project **Civil Society – a Fair Play Actor of European Union** have been implemented by a consortium of 5 organisations from 5 European countries:

**EuroDEMOS Association Romania**



**International Relations Research Student Association Bulgaria**



**Vision2020 Great Britain**



**TDM2000 Italy**



**Mladinski center BIT Slovenia**





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Within the project have been implemented activities to develop incentives to practice grassroots sports in order to increase the level of participation of citizens in sport and physical activities.

The project has been implemented within 3 main phases:

**1. An international training**

that gathered representatives from 16 different countries of European Union. The training provided the educational framework for the participants to understand the role of sport for the development of the community. Within the training it was discussed the European policy framework for sport activities.



**2. Civil Society Sport Cups** organised in each of the partners communities to promote the role of sport and physical activities for the well being. Within the Civil Society Sport Cups there developed and implemented activities aiming to increase awareness on the benefits of grassroots sports at individual and community level.

**3. Campaigns to promote grassroots sports** and the benefit of sport in order to increase the level activity in EU.

Through the project activities it was created the framework for dialog and cooperation between civil society organisations, public administration, decision makers and educational institution to promote grassroots sports at community level.



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[www.fairplaycivilsociety.ro](http://www.fairplaycivilsociety.ro)

Civil Society – a Fair Play Actor of European Union (project no. 567415-EPP-1-2015-2-RO-SPO-SCP (2015-2952))



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## III.2. Methods to work with sport activities within youth and educational sector

### International Training Course

#### **“The value of grassroots sport for education and youth work”**

8 – 17 April 2016, Iasi, Romania

The international training gathered 30 youth workers and youth leaders from 16 countries of the European Union: United Kingdom, Greece, Cyprus, Belgium, Poland, Latvia, Slovenia, Bulgaria, Portugal, Spain, Slovakia, France, Romania, Czech Republic, Portugal and Italy.







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The participants were youth leaders, youth workers and trainers from nongovernmental associations of civil society and universities active in domains such as non formal education, youth work, social inclusion, fight against discrimination and xenophobia, culture, employment, equal opportunities, grassroots sports, and others.

The training provided the educational framework for the participants to understand the role of sport for the development of the community.

Within the international training it was shared experience from different countries of Europe, brought examples of good practice, and created an international background where the participants were creative and identified together new ways of action at local, national and European level.

Within the training were approached **topics** such as: the European policy framework for sport activities, European documents on sport, social inclusion through sport activities, understanding the synergy between sport and youth work and education in Europe, the importance of civil society in promoting sport and physical activity for the well being of the communities.



Within the training there were discussed and analyzed the **European programmes and documents on sport** such as: Erasmus+ Sport, EU Physical Activity Guidelines; White Paper on Nutrition, Overweight and Obesity; HEPA Europe, the European Network for the Promotion of Health-Enhancing Physical Activity; **EU strategies in the areas of social inclusion and equal opportunities**, notably the EU Gender Equality Strategy, the EU Disability Strategy and the Racial Equality directive and research regarding youth attitude for sport at European level according to the Euro-barometer.



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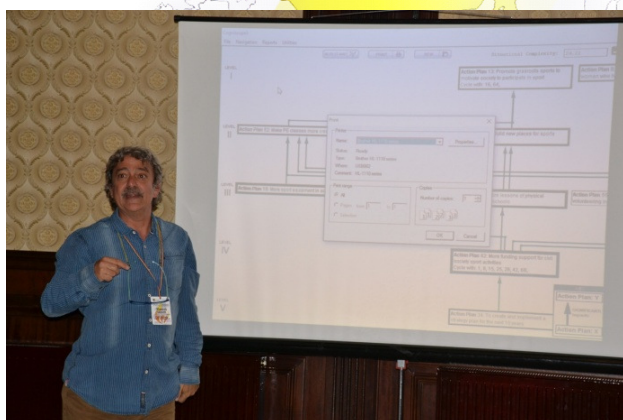
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Within the program there were applied **methodologies** to develop the activity of civil society by introducing sport activities and to increase the level of participation in sport among citizens.



The training was developed through non-formal methodologies to develop competences among participants as: workshops, inputs, presentations, world cafe, simulation, energizers, team building, sport activities, intercultural evening etc.



Within the training it was applied the **SDD (Structured Democratic Dialogue) methodology**, a methodology of dialogue which resulted with a joint vision and action plan.

According to the SDD methodology resulted a plan of actions which included as priorities the following:

- To create and implement a strategy plan for the next 10 years
- More funding support for civil society sport activities
- More lessons of physical education in our schools
- Free sport facilities for funded projects
- More sport equipment in school



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- Encourage celebrities for volunteering in sports
- Teaching kids in the kindergarten for equality
- Build new places for sports activities
- Make physical education classes more creative
- To give free aqua gym classes to women who had cancer and surgery
- Promote grassroots sports to motivate society to participate in sport

The action plan resulted from more than 75 action proposals that were analyzed and voted through the SDD system. The participants as well recorded videos supporting these ideas that were uploaded on IDEA PRISM App.



Among other proposals were:

- Increase the direct communication among authorities, educational institutions and civil society actors;
- Create better conditions for open air sports in the cities;
- Mix professionals with amateurs in sports;
- To create job offers to develop sport activities as a factor of socialization of collectivities and respect;
- Respect the plan and make sport classes.

The triggering question that generated these ideas was *Tell us one specific action that authorities, educational institutions or civil society could implement in order to value the grassroots sport in education and youth work.*

The participants were involved in **sport activities** that can be applied as educational methods in working with youth, such as: relay race, rugby tag, kin-ball and water sports.





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The methods proved to be efficient in developing the team work, adaptability, fair play, dynamics, equal involvement as well as physical condition.







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Within the training it was organised **the public debate *Sport – the catalyst of the community*** with decision makers and public administration where it was discussed the role of sport and to underline the importance of the cooperation among the main actors of the community to develop the grassroots sport activities and to raise the citizens participation in sport.

At the debate it was present **Mr. Sorin Avram Iacoban – deputy on the Romanian Parliament and President at the Romanian Chess Federation**, and also a supporter of the introduction of chess classes in the primary school in the formal education in Romania. He supported the open discussions on raising the awareness regarding the importance of physical activities for health and increase of participation and equal access at sport for all.





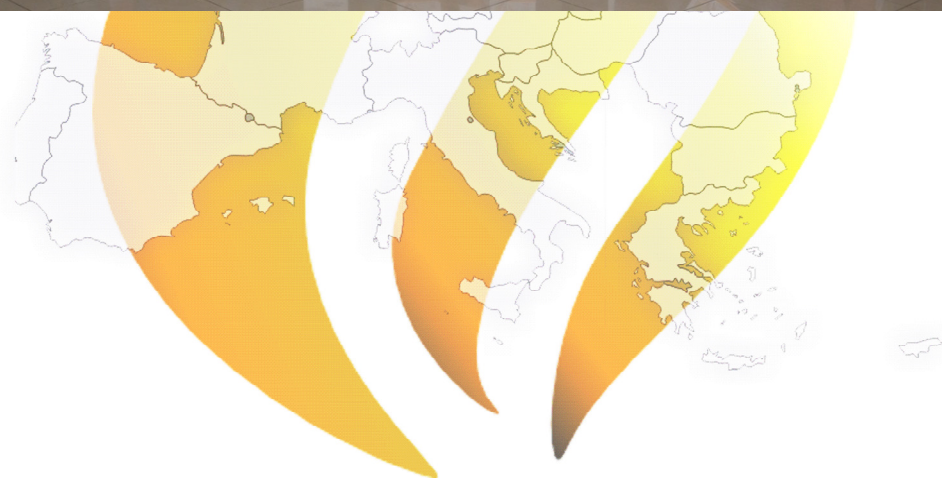
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The training provided knowledge and developed methodologies to increase the quality of the civil society organisations. The training raised the awareness of civil society regarding the role of sport as a social and educational activity and as a catalyst at community level.







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### **III.3. The national sports events in each of the partners' countries**

#### **III.3.1. Civil Society Cup in Romania 7-9 October 2017, Iasi, Romania**

##### **Short description of the events**

###### **Promoted sports**

The Civil Society Cup in Iasi supported and promoted as grassroots sports the chess, football and running.

These sports were selected based on their accessibility at mass level and as a means of supporting both the mental and physical activities.

###### **Activities**

The Civil Society Cup included events and sportive competitions that aimed to promote the role of sport for the community welfare. The activities took place within the Iasi Holidays, the 25<sup>th</sup> edition. The event contributed to the involvement of civil society in promoting sport for all and increasing the cooperation between the main social actors. The event values the opportunities created by civil society for the promotion of grassroots sports and contributes to the recognition of competences developed through involvement in sportive activities, volunteering and activities specific to non formal education.

##### **1. The Seminar „Promotion of active citizenship through sportive activities”, at Iasi City Hall, 7 October**

The seminar included the analysis of The National Strategy on Sport 2013 – 2030 – The right to an active life, the citizen in action, EU Work Plan for





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Sport 2014 – 2017, the Action Plan resulted at the International Training The value of grassroots sport for education and youth work – activity of the project.



*Topics approached:* volunteering activities, social inclusion, combating racism and prejudices, active citizenship, healthy lifestyle.

*The seminar created* a benefic framework for sharing good practices from the participants' communities of supporting sport for all and examples of specific actions that the authorities, educational institutions or civil society can implement to value the grassroots sports in education and youth work.



At the seminar the **Mayor of Iasi Mr. Mihai Chirica** have transmitted his support as official representative of Iasi Municipality for the civil society initiatives of valuing the grassroots sports for the community development and have underlined the need of more activities that involve sports for their multilateral benefits such as for health, education, social commitment, active participation, community involvement.



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At the seminar participated the participants at the Civil Society Cup as well as mass media representatives and youth from Iasi. Thus, the seminar created a beneficial background of dialogue and cooperation among stakeholders.



## **2. Civil Society Cup - Chess, on Stefan cel Mare Pedestrian Street, 7 October**

40 equipped tables of chess were placed on Stefan cel Mare Pedestrian Street in Iasi central area. At the competition participated the civil society representatives from 8 regions from Romania. The competition started with 25 teams and had 6 rounds.



In parallel with the competition enjoyed playing chess in amateur games different people of all ages, from 5 to 80 years old, and social backgrounds. During the event there were involved over 150 people.

During the whole afternoon the participants enjoyed creating strategies with the movements of the chess pieces, showing fair play as well as competitiveness, and above all spending qualitative time within the rewarding world of chess.





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### 3. Civil Society Cup - Football, "Gh. Asachi" Technical University Sports Complex, 8 October

The participants were involved in a football match, with 4 rounds of 20 minutes. The participants showed teamwork, ability of creating strategies, dynamics and mobility. All the participants received medals and certificates and the cup was offered to the winning team.







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#### **4. Workshop Promotion of sports importance at national level, Conference Room, Sport Hotel, 8 October**

The participants have identified ways of developing and promoting the grassroots sports.

The results included:

- the impact of grassroots sports in the community – health improvement, socialisation, social integration, non formal education for children, economical growth and work places, a pleasant way to spend the free time, encouragement of respecting the rules of good behavior at community level, developing a strong personality among individuals, combating sedentariness, promotion of equality of chances, initiative and creativity, combating discrimination;
- existing needs for developing the grassroots sports – training of staff, funding opportunities, accurate legislation of encouraging grassroots sports, logistics and facilities, more projects dedicated to grassroots sports, improvement of physical and psychical health, encouragement of





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competitiveness and fair play, the need of inter-personal communication and exchange of know-how;

- necessary resources – financial resources and support for sport activities, places to practice, logistics and materials, more opportunities of involvement, human resources and initiators of grassroots sports activities, information and opportunities promoted at mass level;

- activities that can be implemented by the civil society for the development of grassroots sports – outdoor sport activities in public places, public – private partnerships of promoting the grassroots sports, fund raising for supporting the sportive disadvantaged youth, seminars, conferences, watching movies with sport theme, animations and videoclips promoted on social media and other channels.



### **5. Cross of Iasi, 9 October**

The participants at the Civil Society Cup participated at the Cross of Iasi – Ia'si Alearga. The Cross was organized by Iasi City Hall within Iasi holidays series of events and included The children race (1,2 km), The Popular race (2,5 km), The Running Passionate race (5 km), The Champions race (8,5 km).



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Also within the cross there were involved over 24 volunteer members of EuroDEMOS Association of all ages.



## Number and profile of participants

81 participants from 5 regions of Romania.

The participants were representatives on NGOs and Associations such as sportive clubs, youth associations, humanitarian associations, technical colleges, police association, association for old people, pupils council which have as profile of activity: education (formal and non formal), sports, social inclusion, equal opportunities, youth involvement, human rights, volunteering, youth involvement.





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### **Guests**

Mr. Mihai Chirica – Mayor of Iasi City

### **Partners**

Iasi City Hall

[www.primaria-iasi.ro](http://www.primaria-iasi.ro)

Romanian Chess Federation

[www.frsah.ro](http://www.frsah.ro)

County Direction for Youth and Sport Iasi

[www.djt-iasi.ro](http://www.djt-iasi.ro)

Iasi County Chess Association

[www.ajsiasi.ro](http://www.ajsiasi.ro)



ASOCIATIA JUDETEANA DE SAH IASI



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### Examples of project promotion

#### Iasi Municipality official web page



#### Radio Iasi web page





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### EuroDEMOS facebook page



### Testimonies

#### Participants' testimonies

*The information acquired within this activity will be useful in the future activities I will organize within the association and for the promotion of sport as a lifestyle. The methodology used is based on the reality of the actual society and promotes collaboration in finding solutions and solving the challenges in sport and not only. The organisation way was very well accomplished, with attention to details, the locations and logistics adequate and proper for the activities. I will use these results for future sportive competitions, demonstrative matches, activities with the County Direction of Youth and Sport - Botosani. (Asoltanei Loredana Elena)*

*The information are useful because they will help me in my activities at the class with the pupils, the methodology was diverse and participatory,*





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*activities very well organized in beautiful locations, a very good cooperation between the group members and facilitators. We have proposed to develop more sportive activities in schools, in the local communities. We will organize sportive contests, will disseminate at the organisation and develop small sports clubs. (Cazan Florica)*

### **Organisers' testimonies**

*The Civil Society Cup created a unique background of cooperation among civil society representatives all over the country, public authorities and formal education representatives as well from different sectors of activity with the common purpose of valuing and promoting the grassroots sports and their multilateral benefits at individual and community level. The Civil Society Cup had a positive impact in Iasi, the host community and on the involved participants by raised awareness on the benefits of practicing sports and the importance of active involvement. (Cătălina Aghiniței)*

### **Conclusions**

The Civil Society Cup involved in 3 working days 81 participants from civil society sector from 5 regions from Romania in non formal and dynamic activities which involved working in teams, debates and analysis, open discussions, brainstorming as well as involvement in sport activities such as chess, football and running. According to the feedback of the involved actors the event was a success and it is necessary to carry out more of this type of events and concentrated support and involvement for the promotion of grassroots sports. It was proven that the civil society has a very important role in promoting the grassroots sports and to make it attractive and accessible for all and with cooperation, dedication and involvement it is possible to bring a positive social change in our communities.



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### III.3.2. Civil Society Cup in Bulgaria 28-30 October 2016, Teteven, Olymp Hotel

Organisation: IRRSA

#### Short description of the events

##### Promoted sports

Team sports: Volleyball,  
Football, Tennis, Archery  
Individual sports: Archery,  
Tennis, Table tennis

Team tournaments: Volleyball,  
Football, Tennis, Archery  
Individual tournaments: Tennis,  
Archery



##### WHY?

At the beginning of the project we did a *survey among the participants* and the results indicated that these are one of the most desirable sports. We also wanted to promote team sports, because being a teamplayer is very important nowadays.

The base offers excellent facilities for **volleyball**, as it is training and playing matches one of the top volleyball teams in Bulgaria - Teteven Volley. Volleyball is one of the most successful team sports in Bulgaria, as the national team is among the best in Europe and the world. Due to the great interest, the conditions and the popularity of this sport, we decided that will contribute to the successful and effective implementation of the project.



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The competition which held volleyball was based on an elimination basis. The winner was determined in games due to official rules.

**Football** is the most popular sport in the world and therefore one of the most desirable to practice. Inclusion in the project dramatically raised interest among candidates and contribute to the energetic and serene atmosphere. There were excellent conditions at the complex in which we had decided to stay and a great desire on the part of participants.

Tournament conducted on the basis of eliminations. The winner is determined in two halves of 20 minutes. Draw result, both teams execute penalties.

**Tennis** is also gaining popularity in Bulgaria because of our world-class players Grigor Dimitrov and Tsvetana Pironkova.

We also decided to put one untraditional sport in our project – **archery**. As a sport, archery requires skills of precision, control, focus, repetition and determination. It is available to be practised by all, no matter age, gender or ability. At the same time it is not so easy to practice because you need special equipment and the Civil Society Cup was a great possibility to try it.

### Activities

Discussion with Director of department “Youth activities and sport” from the municipality of Teteven about the development of appropriate condition for youth to do sports. We

have discussed good examples from Bulgaria and EU and the results after the implementation of some of the practices in municipality of Teteven.







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**Meeting with the head coach of Teteven Volley** - the coach of Teteven Volley team make a short course about the Volleyball - history, rules, team management, training sessions. Thereafter he has made a little training session for the basic skills needed to play Volleyball – serve, pass, set, attack, block and a dig.

**Workshop “Me and sport”** – Non-formal method, where the participants were separated by four groups. Each of the groups had time to discuss “Why we have to do sports?”. Thereafter they have made a presentation about the result of their discussions.



## **Tennis tournament**





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### **Volleyball tournament**



### **Football tournament**







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### **Fitness training with conditional trainer from Teteven Valley**



### **Archery theory lesson**

"Robin Hood" archery sport club provided archery theory lesson. They are one of the best clubs for archery in Bulgaria and they are constantly representing our country in international competitions.

"Robin Hood" archery sport club official website: <http://scrobinhood.com/>







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**Archery practice session** - the coaches have made a practice session with each participant for four hours in the first day. On the next day were held both individual and team competition.



## Archery competition (teams and individual)





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### **Number and profile of participants**

#### **58 participants from different universities and NGOs**

(University of National and World Economy, Technical University Sofia, National Sports Academy, Ministry of the Interior Academy, National Military University)



### **Guests**

Petar Mechkarov – head coach Teteven Volley

Dimcho Dikov - Director of department “Youth activities and sport”, municipality of Teteven

Professional athletes from “Robin Hood” archery sport club



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### **Local and National partners**

Teteven municipality - <http://www.teteven.bg/>



“Robin Hood” archery sport club - <http://scrobinhood.com/>



Sponsor of the event: “Bulgarian milk company” (БМК) -  
[http://bmk.bg/bmk\\_en/contacts.html](http://bmk.bg/bmk_en/contacts.html)







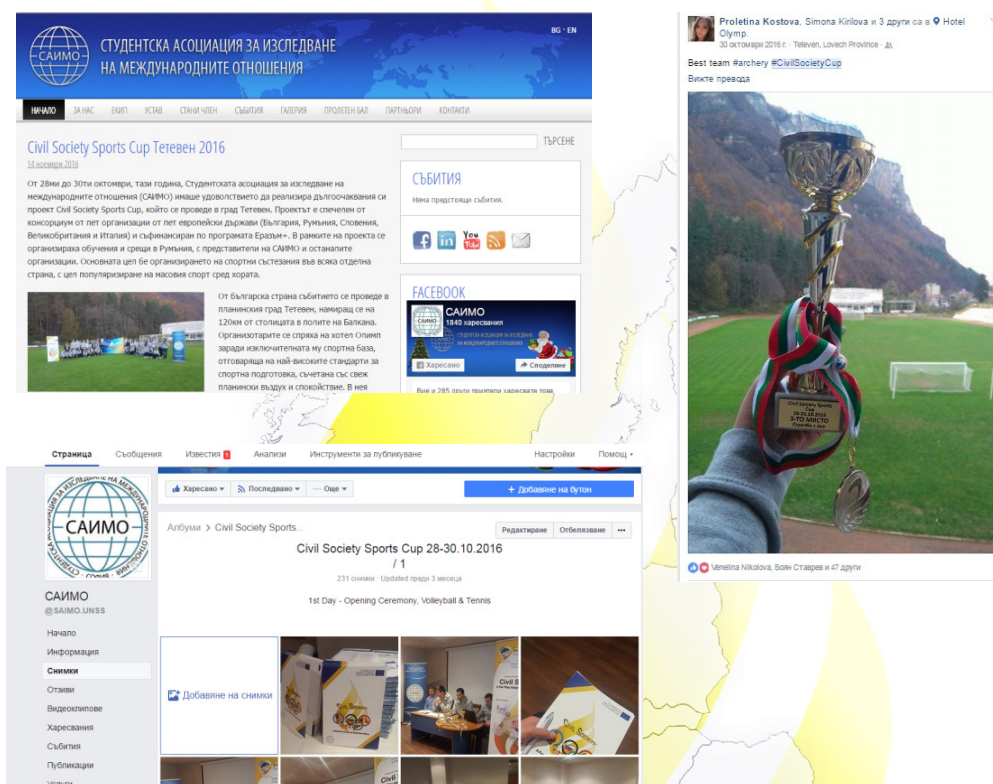
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### Examples of project promotion



### Participants' testimonies

*From early childhood I have played volleyball and I went to sports camps with the school team. The level of organization, provided conditions and the atmosphere brought me back memories of the years when I have played sports actively. The days spent here have charged me and gave necessary to remember that sport is a great part of life and everyone should take time to play sports. (Simeon Vanov)*



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*I have never exercised regularly, even in physical education classes, but this sports project gave me another perspective on sport. During these few days I have played sports like never before and with great desire. I felt the friendly environment and energy of all, that's what inspired me to do sports with pleasure. After that project I will probably continue to do sports like tennis or fitness. (Blagovesta Andonova)*

### Organizers and partners testimonies

From organizers perspective we are more than satisfied with the result we get. We were able to develop a culture of better understanding the sport and healthy life along with its benefits for building an active civil society. We've conducted several round tables and debates during and between the actual sports which led to great proposal that we are hoping to be realized and see their future even after the end of the project. Topics such as benefits from the sport – with emphasizes on the grass sports and outdoor activities, active civil society, non-government sector, importance of trusted partnership, structured dialog, multiculturalism and youth engagement layered the foundation of the three days in Teteven's municipality.

We set the focus on all of the above topics with high engagement of all of the participants, partners and sponsors of the event. Although the sport tournament which we've organized was on local soil here in Bulgaria we've managed to draw further experience from our European partners that are part of the **Civil Society – a Fair Play Actor of European Union** project. This is again proof that European projects such as this one benefits for strengthening the bond between the nations In EU.

There is also positive remarks from the partners in Bulgaria. One of the most active partners was no other than the municipality itself. We had guest from mayor's office which expressed their gratitude and joy for being the host town of European project with such magnitude. In one of the round table they've conducted a short lection on the benefits of the active way of life and



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the sport as one of the ways to do that. Along with that a greater benefit for all the young people was to hear that the municipality's office will be always open and willing to help any young person that has a great idea that they want to realize. In regards to the above we would say that we've set the foundation for one further partnership.

We as students with many friends in the sports clubs were always hearing how we should make the young people more active and that there should be ways to do that. That is why we've decided to take the proactive side and to give these clubs the stage for their ideas as making them a trusted partner in our tournament. Referees and coaches in the fields of football, volleyball, tennis and etc. were constantly keeping a close watch over every step that our participants undertook. They have been the valuable advisors and mentors of each individual providing them with information, rules and recommendations on how to sport not only active but safe and healthy.

### **Conclusions**

To summarize all of the above we would say that not only the results succeeded our expectations but the volume that was given to the sport, youth, civil society, collaborations between the local authority and NGO sector still echo several months after. Moreover the most valuable thing is that this was not the end of a project but the start of revolution of the mindset of the civil society and how it should act and interact with the surrounding environment. Playing sport is the easiest way to build a team spirit and to promote understanding, because there are no barriers and prejudices.





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### **III.3.3. Civil Society Cup in Slovenia**

**18 – 20 august 2016, Črnomelj, Slovenia**

**Organisation: Youth Center BIT**

#### **Short description of the events**

##### **Promoted sports**

Basketball, tennis, cycling, football, floorball-hockey, shape boxing, pilates, zumba, aerobics, volleyball on sand and different sports games for children and adults in old town and on river Kolpa.

##### **Activities**

Games were composed of 6 different games, from **catching balls, targeting, swimming**, etc. It participated 6 teams from all over Slovenia.





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We organized **Basketball and Floorball Tournament 3 × 3**.



Early in the morning the 12-hour **cycling marathon** begun, where the riders went through Bela Krajina and tried to be on the bike for whole 12 hours.





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In the old town people saw for the very first time some new sports like **Muay Thai boxing and Shape Boxing** for women.



Adults were practicing **circular exercise and Hit effect fat burn workout** for fat loss.







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Saturday was also dedicated to **children**. In the morning children workshops started where they made cheerleading instruments, which were later tested when rooting for their favorite team in the football tournament. There were also inflatable castles provided where children could jump and play all day. They could also use go-karts cars with pedals.





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There was organized **football and basketball tournament** especially for children and also various games which were consisted of **running, jumping in sacks, throwing balls** and at the end the race with **go-karts**.







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Tournament in **beach volleyball** at Primostek and Gradac was held for whole day.

On all three days there were also held trainings and training matches in **handball** and **gym** in Loka, Črnomelj.

### **Number and profile of participants**

On Civil Society Cup in Črnomelj participated 54 adult (aged 15-45) participants from all over Slovenia and also around 50 locals from Bela krajina region. We have to mention also around 50 children (aged 3-15) participants and some people from Črnomelj who are members of religious and roma minorities. There were also some young participants with economic and social barriers.

### **Guests and partners**

When organizing this event we had really big support from municipality and mayor of Črnomelj. Both vice-mayors came to the event. As guests, we invited athletes who started as kids in local clubs in Črnomelj and are now well known professionals in Slovenia and Europe. Our partners in Erasmus+ sport event were Student's association of Bela krajina and many local sports clubs as Sport association Vinica, football club.





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### Examples of project promotion

YouTube interface showing a video titled "Civil society: a Fair Play Actor of European Union | After movie". The video shows a car driving on a road with the text "a Fair Play Actor of European Union" projected onto the pavement. The video is from AVLab KBS and has 210 views.

Website screenshot showing local news and promotional content. The main headline is "Inspekcija naredila red. Za koliko časa?". Below it, there's a section for "DarsPromet" (DarsPromet Mobilna Aplikacija) and a section for "Črnfest 2016 - 'Dober za vse!'". The Črnfest section includes details about the festival, its location in Beli krajini, and a list of participating artists and bands.

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www.fairplaycivilsociety.ro

Civil Society – a Fair Play Actor of European Union (project no. 567415-EPP-1-2015-2-RO-SPO-SCP (2015-2952))



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### Testimonies

*Sport is my life. I am involved in sports since I was a child. This year I started with something completely new and more exotic-shape boxing and I looove it! (Sanja)*

*I found this event so inspiring and now I know that we have many sports clubs in Črnomelj for which I even didn't know. Since I am not that sporty, aerobics or zumba will be perfect for me! Thank you, MC BIT for this! (Lana)*

*This event is amazing. Transforming roads into playgrounds-what an idea! I played hockey for whole day and please, make this kind of events again, everybody seems to be happy. (Tadej)*

*Promoting sport, healthy lifestyle and hanging out with friends on a fresh air – priceless! We did something really good for our local community. (Jure)*



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*First I was a little bit concerned because we didn't have any experience like this. How will we do this? Will we be able to do it without any problems? Municipality of Črnomelj helped us with closing the main road and the event was splendid. Everybody really enjoyed - organizers and participants. Finally old town was again full of life. (Kristian)*

*To promote sport and our club in such way was really good and innovative. Never did something like this before and I really enjoyed it and got some new members. (Simon)*

### **Conclusions**

As an encouragement to the revitalization of the Old Town, health promotion and less use of cars, we decided to close old town for all traffic. Streets, roads and parking lots also became playgrounds for various sports, children's workshops and other activities. So we added additional value to whole municipality. With Erasmus+ sport event we promoted lots of different sports clubs in municipality of Črnomelj and so they got some new members and bigger visibility. Furthermore we promoted the awareness of physical activity and healthy lifestyle.





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### **III.3.4. Civil Society Cup in United Kingdom 28th – 30th July 2016, Gorton Manchester**

**Organiser: Vision2020**

#### **Short description of the events**

##### **Promoted sports**

Our project planning team commenced a project mapping and delivery strategy process which involved a weekly active **Tennis (Table)** playing and coaching sessions of 2 hours minimum every Sunday due to the grassroots nature of the sports chosen by our organization in collaboration with the youths, girls, young women, older adults within the Gorton community, Manchester UK.

##### **Activities**

The activities included  
**Tennis  
weekly  
coaching  
activities,  
Tennis  
Competitions  
and  
Tournament.**





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Project team engaged young people and adults on **one on Tennis skills assessment** during “Civil Society Tournament” V2020 Sports Day, accessing their state of wellness and healthy living signposting them to relevant quarters for additional support.

The project encouraged participants to engage in productive, positive and accessible **Table Tennis activities** leading to improvement physically, emotionally and boost in self-confidence and esteem by having a go at Tennis playing which hitherto they do not have access to.



1. L-R Cllr Julie Reid, Cllr. Carl Austin-Behan, Lord Mayor of Manchester, Dr. Moses Yaor & Mr. Ayodeji Olofintila(V2020)
2. L-R Cllr Julie Reid, Cllr. Carl Austin-Behan, Lord Mayor of Manchester, Dr. Moses Yaor



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Photo: L-R Mr. Daniel Olotua & Mr. Ayodeji Olofintila (V2020)

V2020 Tennis coaches and project team members have international experience in youth work, early intervention and social work gained through attending various international trainings, workshops and seminars.

V2020  
Youth Clubs' on  
Hyde Road M18  
7EE and M12  
4QW  
Levenshulme,  
Manchester  
provided avenue  
for young  
people, adults  
etc from the  
local community







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to participate in all our projects and activities as Youth Forum members and volunteers thereby training them in social sports, leadership, team building, project management and on long run as positive role models for club members.

We collaborated with relevant bodies to ensure the success of the “Civil Society-Sports Tournament” featuring Table Tennis competitions and championships in which Trophies and laurels were won by competitors.





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45% of participants on “Civil Society Tournament” V2020 Sports Day are disadvantaged and with fewer opportunities, the project specifically targets the low income people who could not afford this type of opportunities except if provided by V2020.

“Civil Society Tournament” V2020 Sports Day gave the people within and outside the local community something to do and create experiences to carry into future and other spheres of endeavours.

About 25% reduction in avoidable health challenges among participants, such as obesity, stress and unhealthy living is projected as they continued to exercise after the “Civil Society Tournament”



involving constant playing of Table Tennis for more than 2-4 hours weekly.

90.2% of participants on the project have more confidence in communicating and networking with other participants feeling free and confident to participate in group exercises, social sports activities such as Tennis, pre and post Tennis stretching and body movement.



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### **Number and profile of participants**

More than 50 people of varied status and profile graced the event, including The Lord Mayor of Manchester Cllr Carl Austin-Behan, local councilors, representatives of civil societies, directors of community groups, charity organizations, and people with fewer opportunities, young people, girls, young women, older men and women, representatives of local tennis clubs, coaches, mentors and members of the local community.

V2020 worked with young people, girls, young women, older adults, people with fewer opportunities within the local community, mentored and coached them through numerous social sport activities preparatory to "Civil Society Tournament" V2020 Sports Day

### **Guests and Partners**

Dignitaries in attendance are:

- **Cllr. Carl Austin-Behan**, Lord Mayor of Manchester
- **Cllr Bernard Stone**, Councilor Gorton South Manchester
- **Cllr Peter Cookson**, Councilor Gorton South Manchester
- **Cllr Julie Reid**, Councilor Gorton South Manchester
- **Dr. Moses Yaor**, NCC Manchester
- **Dr. Mrs. Esther Oludipe**, Director Highway Hope
- **Dr. Joseph Osagie – Pastor**, Grace Community Church, Manchester
- **Ayodeji Olofintila** – Chair, Vision 2020 Leadership Initiative





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### Examples of project promotion





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## **Testimonies**

### **Participants' Testimonies**

*Very satisfactory and very good it improved my tennis skills, enhanced my confidence and esteem. The project was quite empowering, physical and revealing. Highly practical and inspiring. Quite rewarding. The "Tennis Competition/Tournament" sessions were wholesome. (Runoh)*

*The "Tennis Competition" was involving, inspiring, creative and very challenging bringing out the best in me and my team members. The event afforded me the opportunity of meeting new people and working with them. The trainers/coaches and project team were excellent as we learnt various practical tennis skills. (Patani)*

*Competing in the "Tennis Championship/Competition" was challenging and enhanced my self-confidence. A well-packaged event; brought out the best of my tennis skills and abilities. (Oswani)*

*"V2020's "Tennis Championship/Competition" is a great initiative. I benefited immensely from the project. It has been an absolutely fantastic experience for all who have been part of it. Many thanks to the coordinator, organizers and sponsors. I hope that you continue to support and encourage members of the community through innovative projects like this. God bless you all." (Gbenga)*



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### **Organizers' and Partners Testimonies**

*V2020's Civil Society Cup event was the flagship Tennis Championship event encouraging integration that enabled all members of the community to congregate to network, bond, encourage wellness, healthy living and healthy competition, bringing in real change among all groups within the community, as it was designed, prepared and implemented by all within the local community. With genuine local people involvement in all the project process, progress was made and transformation achieved among all stakeholders; this transformation process is inspirational while community groups' commitment to V2020's events/projects is ensured in future projects. (Cllr Bernard Stone)*

*The event created a great opportunity for disadvantaged members of the community to meet with mentors, coaches, public bodies such as the Lord Mayor of Manchester, local councilors etc. in order to rub shoulders with them, discuss vital local issues, encouraging civic responsibilities and commitment to local social transformation and citizenship. As partners with V2020 on its social transformation crusade we observed with interest that young people, girls, young women and older adults within the community are so passionate about social sports activities especially tennis playing now because of the direct involvement in the Civil Society Cup organized by V2020 and other social activities within the communities. (Dr.Mrs. Esther Oludipe, Director Highway Hope).*





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## **Conclusions**

In summary, participants' participated effectively on all programme activities, involving Tennis weekly coaching activities, Tennis Competitions and Tournament.

Online mediums created before the programme delivery were sustained after the programme; mediums such as skype, e mails and Facebook page created purposefully for the project continued well after the project for information dissemination, sharing of files and documents related to the programme.

These mediums were also used to encourage participants to reflect on their learning process and also evaluate their ongoing knowledge on Erasmus+ programme actions.

A handful of the participants have formed alliances and partnered to apply for new projects involving representative of our partner countries and organizations on other programmes.

We leveraged our experiences in delivering both local, national and international training programmes especially Erasmus+ programmes (5 Erasmus+ Programmes 2015; and 5 projects 2016, 11 projects on reserve list etc.)

Finally by repeating the project process throughout project lifetime and cycle, it helped improved project efficiency thereby ensuring that the project process is refined and improved.



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### **III.3.5. Civil Society Cup in Italy 5-7 August 2016, CAGLIARI, ITALY**

**Organisation: TDM2000**

#### **Preparation for Civil Society Sport Cup in Cagliari, Italy**

Before the start of the official days of the Civil Society Sport Cup, we started a promotion that lasted for 4 full months, called *"The Road to Civil Society Sport Cup"*.

The Road to Civil Society Sport Cup have seen mainly the participation of our staff in four different events, that we used to share information, collect contacts, provide information materials and get ready for the August event.

#### **1) VIVICITTA' (3 April 2016).**

Vivicità is a sport event running at the same time in 43 towns in Italy and 11 in the world, including cities such as Paris (France), Osaka (Japan) and Sarajevo (Bosnia & Herzegovina), set to enjoy the beauty of running in the town and aimed at anyone willing to participate. In Cagliari it includes an half-marathon competition for athletes, a kids' run and a non-competitive run for all, where you can see running together just for the pleasure of doing sports in the city many people coming from different social and economical backgrounds, as well as elders, people in wheelchair, young mothers with their kids on a trolley and such. Thanks to our partnership with UISP (Italian Union Sports for All) we provided stickers and info leaflets to all participants (2000 people).





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### 2) SPARTAN (16 February 2016 – 16 April 2016).

The Spartan is a martial arts event held in Cagliari in the gym "Area 21". The main idea is to provide training to a group of people (men and women) that have never competed before in a match, making them become a cohesive group of athletes able to take part in a real sport event. Sports performed include Jiu Jitsu, Boxe and Muay Thai. We have been involved both in the training part and in the final event.







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### 3) ICHNUSA SAILING KERMESSE

(14-15 May 2016). ISK is an event for all the lovers of sailing sports as well as different sports that can be done in the water (surf, kite, diving, canoeing, and more). It includes a sailing competition, a fair for different

sport organizations to promote their work, and several workshops where everyone, from children to adults, can try and learn about different sports. We have been taking part with an information point providing our information and delivering leaflets.



**4) ATENEIKA** (27 May 2016 – 7 June 2016). Ateneika is the annual event of the University of Cagliari Olympic Games. Students from different faculties can create teams or be teamed up with people from same courses and take part in a multitude of disciplines, such as football, tennis, volleyball, basketball, athletics and more, with 1600 athletes competing and over 10000 youngsters attending the event throughout its duration. Our staff has taken part as well and started a solid cooperation with the Ateneika team, that left us the space to build up an info point for our project and the Civil Society Sport Cup.



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### CIVIL SOCIETY SPORT CUP in Cagliari, Italy – 5-7 August 2016

#### Short description of the events

##### Promoted sports

- 5th and 6th August were dedicated to **Football**.

It has been chosen following a small research we conducted at local level during the months of preparation in which we contacted several citizens of different target groups (but mainly youngsters 18-30 from all over the island of Sardinia) and it came out that it was the most popular sport in term of numbers. Therefore, we found in it an easy to use and powerful tool to be able to reach a high number of citizens and promote the message of the power of grassroots sports that we wanted to launch.





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- 7th August was dedicated to a big **Cycling** competitive and non-competitive run.

We decided to go for cycling as it was clear, from our research, that people liked simple sports, that everyone can do, are useful to move around, and gives you the possibility to enjoy the urban area in a different way. This was clear during the running event in which we took part, and as for many people cycling was even more popular, we organized one of the biggest group cycling events ever held in our city. The choice to do both a competitive and a non-competitive run was in order to make it possible to as many people as possible to participate without wanting to compete but just for the sake of health, friendship, fun and fitness.

### Activities

The Football days gave the possibility to 5 teams (10 people each) to compete in a two-days tournament.

The competition started on the 5th August with a round in which each team had to face all of the other teams in 30-minutes matches.



The 6th August each team faced each other again in a second round.



Each victory counted for 3 points in the tournament, a draw counted 1 point and a loss 0 points.

The two teams having the highest number of points faced each other in a 40-minutes final match.





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A speech on the values of grassroots sport was given in the beginning for all the participants, staff and audience with an applause following it.

The maximum fair play and correct behaviour was asked to all the participants in the match, which was maintained throughout the tournament, with all the players having a competitive attitude but always with a correct spirit towards the opponent.

Prizes were given to the winning team, top scorer, best player, best goalkeeper and most fair player. A small present was given to all teams. The players not taking part in the match happening in that moment have been the referees for the other teams matches, resulting in a further development of their attitude of fair play.



As for the 7th August, the cycling run involved, as mentioned, two kind of participants: competitive and non-competitive.

The bikers gathered all together in the center of the city and were given distinguished shirt to participate.

Both runs were 10 km, passing across the seaside of Cagliari towards a specific checkpoint and back to the meeting point.

An ambulance and a staff car followed the development of the run to avoid any accidents during it or react fast to any problems.





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The competitive run started first, the non-competitive, with more people involved, straight after, for a total duration of around 4 hours of event.

We provided prizes for the first three cyclists and a small present for all the other one.







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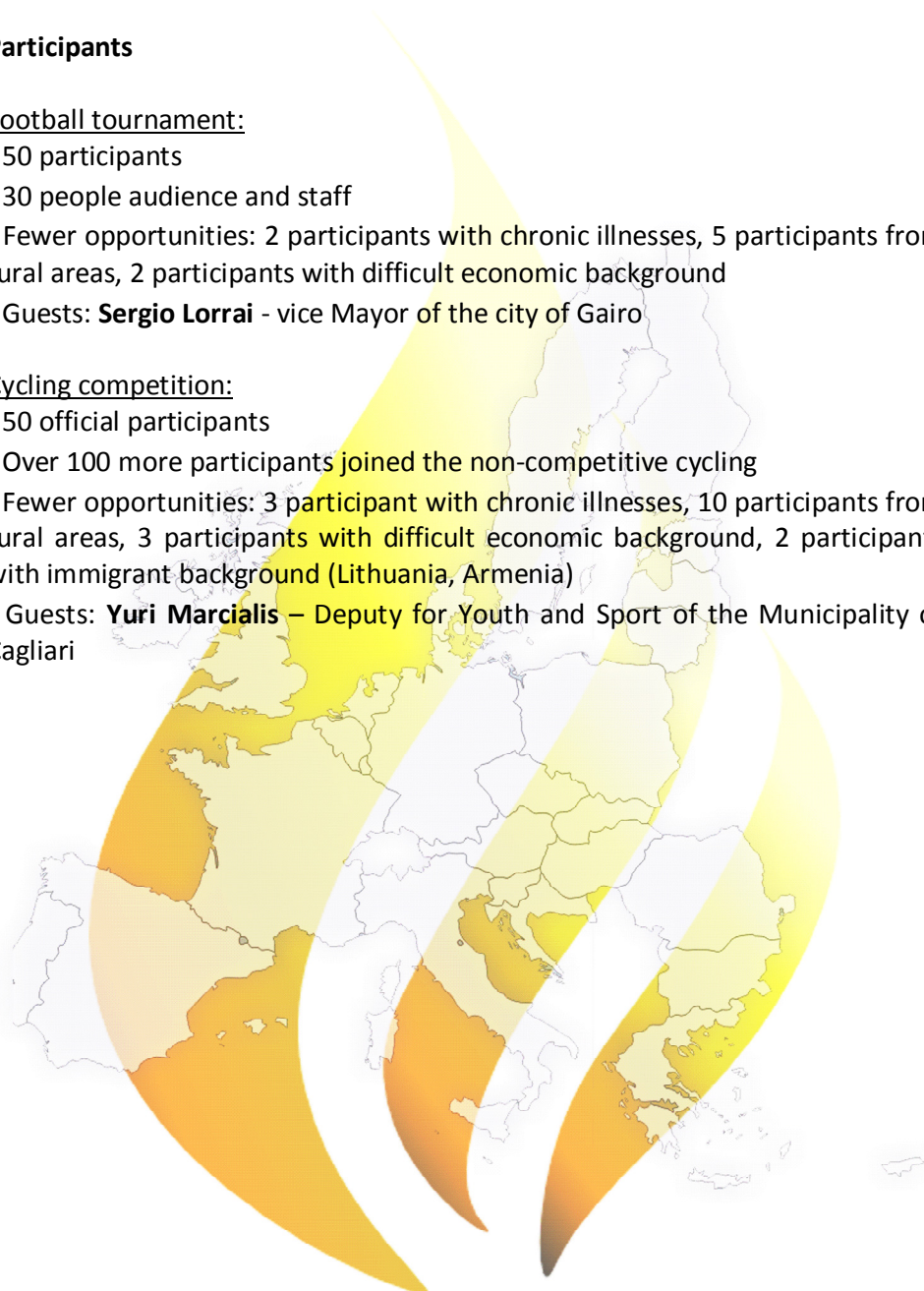
### **Participants**

#### Football tournament:

- 50 participants
- 30 people audience and staff
- Fewer opportunities: 2 participants with chronic illnesses, 5 participants from rural areas, 2 participants with difficult economic background
- Guests: **Sergio Lorrari** - vice Mayor of the city of Gairo

#### Cycling competition:

- 50 official participants
- Over 100 more participants joined the non-competitive cycling
- Fewer opportunities: 3 participant with chronic illnesses, 10 participants from rural areas, 3 participants with difficult economic background, 2 participants with immigrant background (Lithuania, Armenia)
- Guests: **Yuri Marcialis** – Deputy for Youth and Sport of the Municipality of Cagliari





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## **Partners**

Sigma Calcio Cagliari



Municipality of Cagliari

<http://comune.cagliari.it>

Federazione Italiana Amici della Bicicletta

<http://www.cagliariciclabile.it/bici/wp/>



Charter Bike

<https://www.facebook.com/charterbike.it/?fref=ts>



**CHARTER  
BIKE**





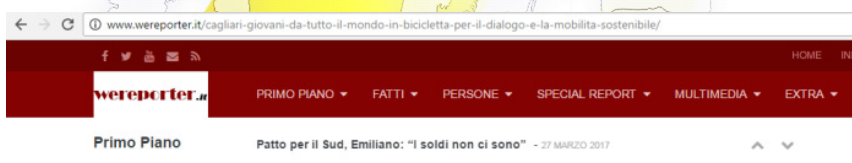
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### Examples of project promotion

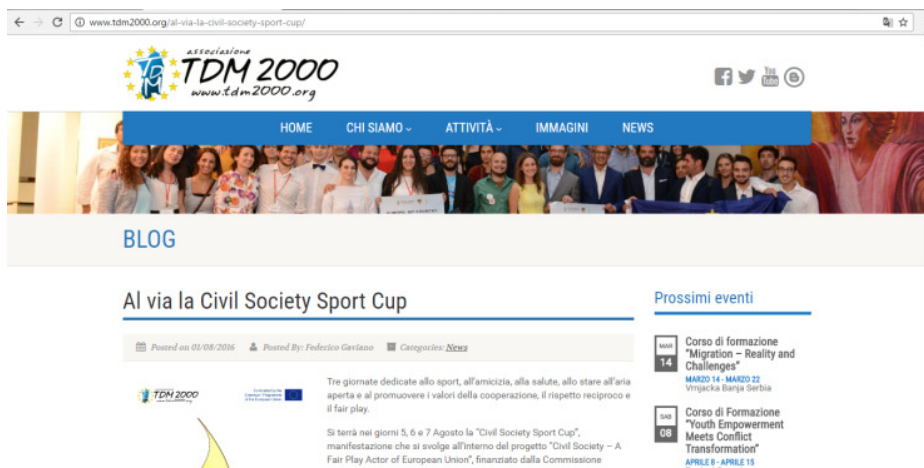




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### Participants Testimonies

*"For me playing football was everything since when I was a kid, it was my child's dream to become a player. Playing in this tournament is a great way to spend time with friends. We didn't win, but we're staying here with all the teams like a big family"* Marco D'Angelo (participant in the football tournament of the Civil Society Sport Cup in Cagliari)

*"Thanks to the invitation in this event, we have an opportunity to meet and spend some quality time out of our workplace, sharing values and respect towards each other. I think that we have to work more to explain these values to kids from their childhood, as sometimes today the sportsmen are not the best role models. Today's activity is a good tool"* Fabrizio Presidente (participant in the football tournament of the Civil Society Sport Cup in Cagliari)

*"Sport means having fun, relaxing, freeing your mind from the everyday routine. I love cycling and I do it a lot in my free time. It's fun and a great way to stay healthy, get an environmentally friendly mean of transport. But I love competition too"* Marco Mura (participant in the cycling competition of the Civil Society Sport Cup in Cagliari)



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### **Organizers, Partners and Guests Testimonies**

*"It's basically something that we always wanted to do but sometimes we just don't stop for long enough and take some time to organize it properly. We have the habit to play football every Tuesday with the staff, members and friends of our Association. We have fun and stay healthy, but most of all we get the opportunity to meet and share about the experience of each of us in a friendly, healthy and relaxed atmosphere. Today is no different: we just are in a bigger group and making new friends and partners"* **Federico Gaviano** (TDM 2000, staff and participant in the football tournament of the Civil Society Sport Cup in Cagliari)

*"It's a very important moment of sport and socialization for our town, a way to live and enjoy the city in an unusual way. We have today an impressive number of people participating to compete or just enjoy cycling. Cagliari's program is to promote grassroots sports a lot with our administration. This initiative fits perfectly, it's a useful tool for dialogue among people in our community that can show how big we are"* **Yuri Marcialis** (Deputy for Youth and Sport of the Municipality of Cagliari, during the cycling run of the Civil Society Sport Cup in Cagliari)

### **CONCLUSIONS**

The Civil Society Sport Cup has been a great success and a wonderful event for participants, organizers, audience and all the partners and guests involved. The main result underlined has been the one to be able to live together in the community, savouring the values that sport can nurture: Respect, Solidarity, Tolerance, Healthy Lifestyle, Cooperation, Fair Play and Active Participation.





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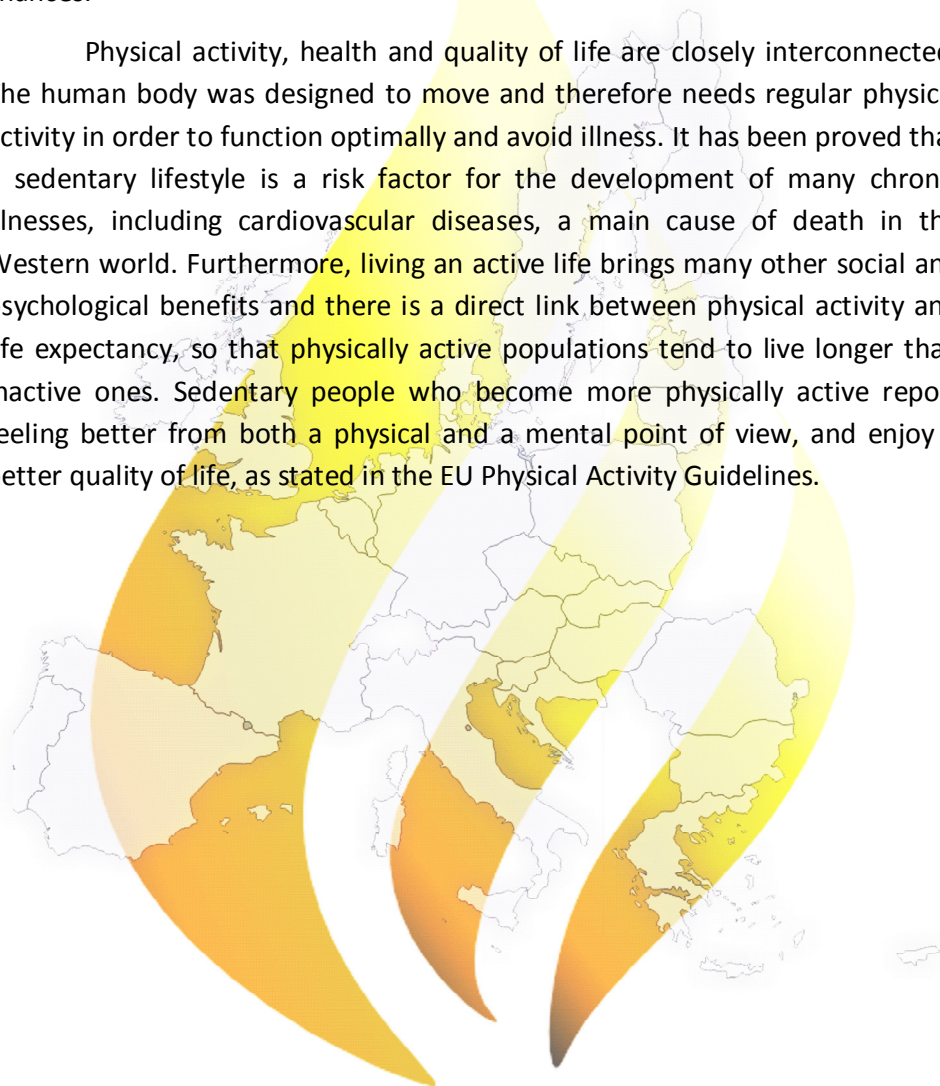
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As highlighted in the European Commission's White Paper on Sport, sport activities generate numerous benefits to society starting from its contribution to the EU economy and the value it has for the wellbeing of the citizens. Also, sport activities are a good promoter of social and democratic values such as social inclusion, promoting equal opportunities and equal chances.

Physical activity, health and quality of life are closely interconnected. The human body was designed to move and therefore needs regular physical activity in order to function optimally and avoid illness. It has been proved that a sedentary lifestyle is a risk factor for the development of many chronic illnesses, including cardiovascular diseases, a main cause of death in the Western world. Furthermore, living an active life brings many other social and psychological benefits and there is a direct link between physical activity and life expectancy, so that physically active populations tend to live longer than inactive ones. Sedentary people who become more physically active report feeling better from both a physical and a mental point of view, and enjoy a better quality of life, as stated in the EU Physical Activity Guidelines.





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### **III.4. Information about the partners involved in the project Civil Society – a Fair Play Actor of European Union**

#### **Coordinator:**

#### **EuroDEMOS Association - Romania**

EuroDEMOS (Community Leaders within European Background) is an association of human rights defense, civic school of volunteer involvement, training and promotion at local, national and international level of young opinion leaders, by means of applicative programs of European interest, having 27 years of volunteer civic constant activity. EuroDEMOS is an umbrella type association, composed of 5 organizations (eg. Youth Org, Students Org, Women Org) and 12 departments specialized on domains of civic interest (education, youth, democracy, culture etc).

In the last 14 years of activity at international level EuroDEMOS NGO has specialized on European policies in training opinion leaders. The organization's purpose is the promotion of human and democratic values and of social models.

EuroDEMOS NGO is appreciated as important member in European Parliament AGORA, active in priority programs of Council of Europe and European Commission. EuroDEMOS is member of the Asia-Europe Youth Cooperation Platform, collaborator O.S.C.E. (Organization for Security and Cooperation in Europe), Monitor of protection of human rights and fundamental freedoms in Romania and promoter of them globally.

EuroDEMOS Association staff is composed from specialists who have each over 7 professional qualifications vital for conceiving, implementing and promoting the civic programmes and projects of the organization at local, national and international level.



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EuroDEMOS is initiator and coordinator of the first European Network to Promote Youth Involvement in Decision-making Process "Involved Youth Coalition" ([www.involved-youth-coalition.com](http://www.involved-youth-coalition.com)).

EuroDEMOS Association is also authorized to provide vocational training through the Vocational Training Centre on the qualification Project manager and Social and Civic Competences.

EuroDEMOS initiated and coordinated numerous civic programmes of community interest in domains such as youth and sport, education, human rights, democracy, citizenship, sustainable development, ecology and environment protection, social assistance, culture and art etc., developed national and international networks and platforms, international and cross border strategies and policies, international newsletters.

Also, within EuroDEMOS Association functions numerous centres with the specific activity, according to the needs of the community: *Resources Centre for Volunteers Management and Non-formal Education; Youth Centre; Centre of Monitoring the Human Rights Defence in Romania; Independent Centre for Citizens Electoral Education, etc.*

### Contact:

EuroDEMOS Association

Str. Pacurari 20, bl. 4, parter, Iasi, Romania

Email: [eurodemos@yahoo.com](mailto:eurodemos@yahoo.com)

Phone: 004 0746 471 857

[www.eurodemos.org](http://www.eurodemos.org), [www.involved-youth-coalition.com](http://www.involved-youth-coalition.com)





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### **Partners:**

#### **TDM2000 – Italy**

"TDM 2000" is an independent no profit organization, that coordinates young people willing to cooperate in the voluntary sector, supporting them in developing personal and professional skills through experiential learning and non-formal education.

Main fields of interest: youth policy, entrepreneurship, human rights, democracy, intercultural learning, active citizenship, non formal education, international cooperation, local development and migration. All the activities we implement are thought, planned and realized by young people.

The NGO has 2 different offices where volunteers and the board work on daily basis. The group is composed by 800 members that actively participate in the projects of the NGO. TDM 2000 is accredited to host, send and coordinate volunteers in the frame of EVS. We are recognized as volunteer organization by the Sardinian Regional Government. We are registered by the CoE and we participate in Leonardo Da Vinci Program. From 2009 we are hosting a project under National Civil Service. In 2010 TDM 2000 signed a partnership with University of Cagliari for the recognition of non formal learning and the attribution of credits. Actually working to implement the recognition of competences also for the formal education about secondary school. We cooperate with "Agenzia Regionale del Lavoro" a public institution dealing with empowerment of young people in the labour market to provide guidance and information about European Union programs and training young people. We also signed a similar agreement with "ENTE ERSU" the public institution that is entitled to give scholarship and housing for university students.



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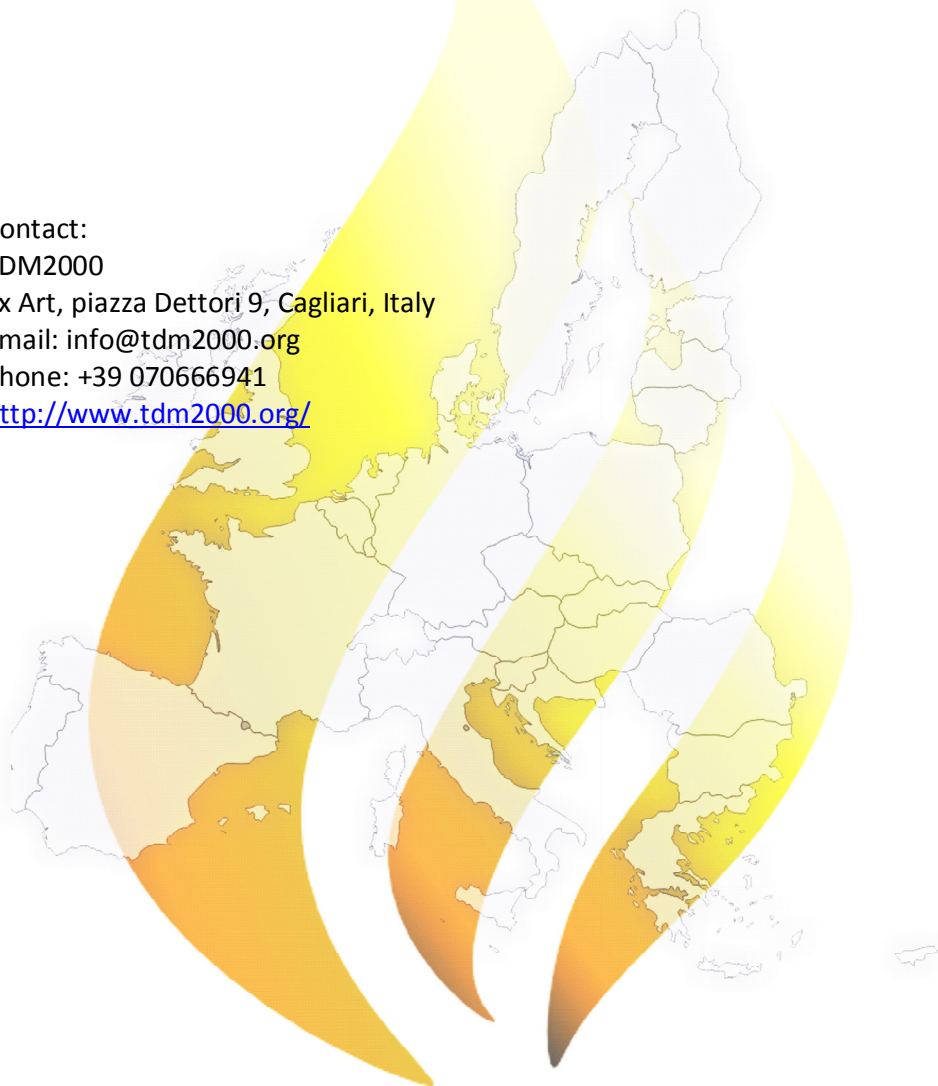
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Associazione TDM 2000 is member of TDM 2000 International network and Anna Lindh Foundation network. TDM 2000 realize in the first week of August every year an international cultural festival which gives opportunity to around 200 youngster from all over the world to discover and share different cultures.

Contact:  
TDM2000  
Ex Art, piazza Dettori 9, Cagliari, Italy  
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Phone: +39 070666941  
<http://www.tdm2000.org/>





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### **International Relations Research Student Association – Bulgaria**

IRRSA is an independent non-governmental organization, founded in 1999. It is based on voluntary work. IRRSA gathers students in International Relations, European Studies and Political Science in the University of national and world economy (UNWE).

IRRSA is engaged with organizing of public lectures, discussions, roundtables with representatives of the political and diplomatic elite. It also leads seminars for writing projects with experts in the sphere. It organizes simulation games among the students from all the courses of studying Political sciences. Furthermore, we do Spring ball for those studying International Relations and Political Sciences. Investigated and analyses current processes and phenomenon in the foreign policy. It also upholds partnership relations with the Atlantic club of Bulgaria, The Bulgarian diplomatic society, AIESEC, The Student Council of University of national and world economy. IRRSA is a member of National Youth Forum and collective member of Bulgarian Diplomatic Society.

#### **The Association**

- investigates, analyzes and comments on the processes and the phenomena connected to the political, economic, cultural, scientific, sports and other relations between the subjects of International relations.
- contributes to the improvement of the qualifications and the further professional realization of the students.
- strives for the establishment between the students of different ages from our academic community in the UNWE and organizations in the country and abroad.
- furthers the free expression of the students and their views.
- strives to give its members the opportunity to take part in the different university, national, European and world programs.





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- strives to raise the prestige of the UNWE and the academic community in our society, including making them more popular through the mass media.
- represents the interests of the students from our academic society in front of the executive body of the UNWE and institutions, which directly influence their tuition.
- keeps in touch with the alumnus, whose leading department is the „International relations“ department in the UNWE, and to stimulate their involvement in the matters of the association and the students.
- creates contacts with firms from the private and government field in Bulgaria, because it feels that the education and the business should go hand in hand.

Contact:

IRRSA

Studentski grad, „Osmi dekmvri“ str., University of national and world economy, Sofia, Bulgaria

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Phone: +359879379654

[www.saimo-bg.org](http://www.saimo-bg.org)



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### **Vision2020 - United Kingdom**

V2020, a registered charity organisation (CC No:-1142264), adopts instructive ICT, social, leadership skills training, sports/exercises to strengthen communities, provide opportunities for socially disadvantaged, hard to reach young people; with linguistic adaptations and socio cultural complexities/challenges, difficulties, and identifications; empowers these socially disadvantaged, hard to reach young people; by providing opportunities and assisting them find routes back into education, volunteering and employment.

Based in the Black Minority Ethnic and Asian communities of Gorton, Manchester UK; one of the most socially deprived neighbourhoods in UK; among 10% most deprived wards in Britain, 30% most deprived Lower Super Output Area. (Government Report '08), V2020 enhances young people's personal development through wider community involvement, train, empower, and skill them through coaching, mentoring; thereby improving their self-confidence and esteem through Youth Exchanges, Youth Initiatives; Training and Networking projects etc. 'RTS' Youths Reclaim The Streets, 'KIO' Kick it our Kick Racism Out was selected as a case study by the YiA/British Council in 2012 (see Youth in Action & SALTO website) aimed at building respect in the community, reduce levels of anti-social behaviour, intolerance, racism and xenophobia by excluded young people through reformatory and participatory activities.

Due to his contribution to youth work, V2020's Chair was appointed a Champion of YiA International Youth work, contracted Trainer on Training and Cooperative Activities Pool, Local Contact and Local Co-ordinator by the British Council. British Council also approved the following projects 'EPAC' Euromed: Path to Active Citizenship, 'WARX' War Against Racism and Xenophobia, 'ROP' Roma Outreach Project, 'YIDS' Youth Inter-cultural Dialogue, etc. As we continue to expand our scope, organizations such as Comic Relief, Awards for



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All, ESF - Back to Work Programme, Swimathon Funds have approved funds for different projects.

Our organization was also accredited as EVS sending, hosting and co-ordinating organization by the British Council for the next 7 years.  
AQA has also registered V2020's Institute of Leadership Studies and Development as an accreditation centre for all courses delivered in the centre and the local community.

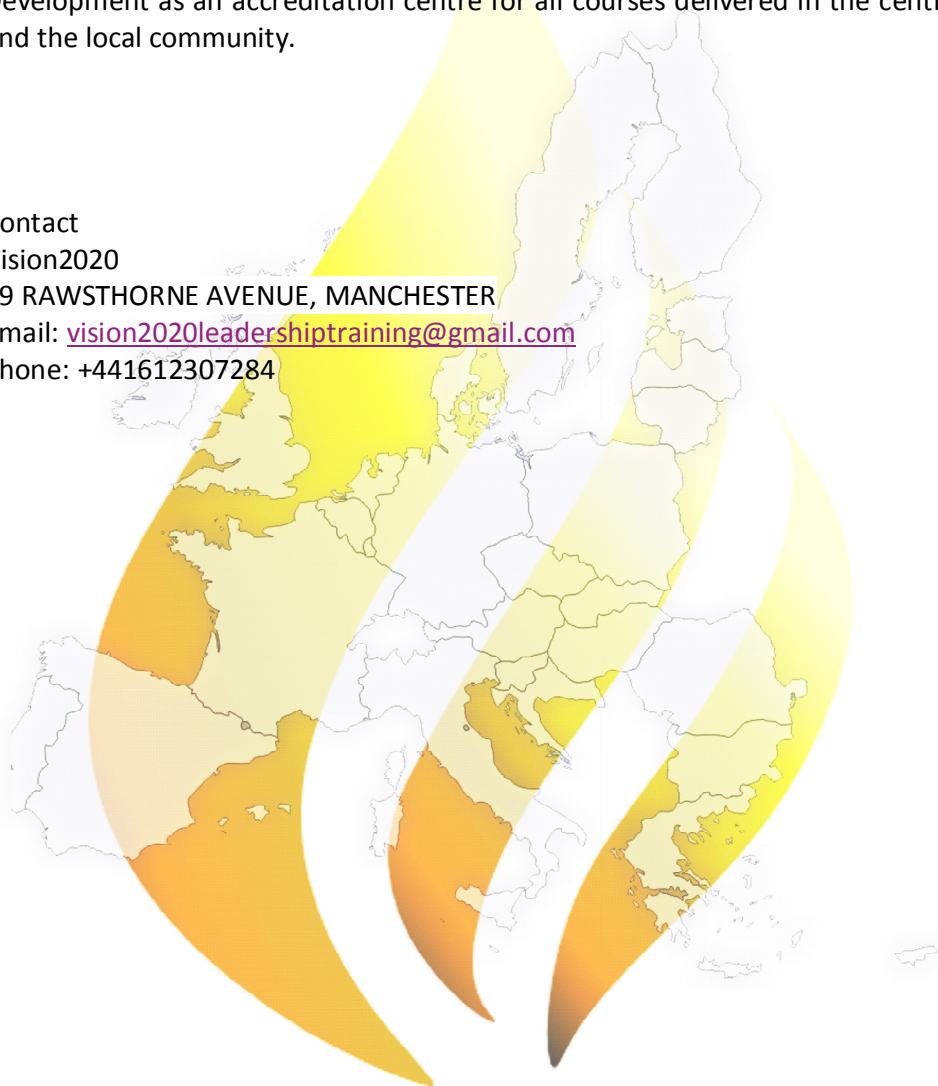
### Contact

Vision2020

19 RAWSTHORNE AVENUE, MANCHESTER

Email: [vision2020leadershiptraining@gmail.com](mailto:vision2020leadershiptraining@gmail.com)

Phone: +441612307284







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### **Mladinski center BIT – Slovenia**

YC BIT is the first youth center in the Bela krajina region (SE Slovenia), established by the end of the 2004, by the two most active youth associations in the region (MKK-Youth Cultural Club, KBS-Students' Society of Bela krajina). It is located in the city center of Crnomelj and joins the Info office and MKK Club. It has been lead mostly by volunteers and supported by contract partners. Our main target group are young people between 15 and 30 years of age. A special attention is dedicated to the young people with less opportunities, especially those with social, economic and educational barriers.

Youth center BIT's vision is to create a team, that will efficiently work towards fulfillment of young people's needs and will consequently encourage youngsters to identify with the values of organisation.

The mission is to prepare and coordinate programs and projects, that enable young people to spend their spare time in a creative way and to fulfill their educational, expert, cultural, artistic and other needs.

The program objectives of the organization are following:

- To encourage active youth participation and European citizenship
- To inform youth about different topics, connected with everyday life
- To offer adequate advice and to refer users to the suitable institutions
- To provide conditions, that will enable youngsters to spend their spare time in a creative way
- Non-formal education and training for youth work
- Promotion and involvement of young people in voluntary work
- To raise awareness and reduce the consequences of delinquent behavior among youth
- To encourage self-iniciativness and creativity of young people
- Direct and constant communication with the local youth in order to fulfill their needs



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- To promote political (participation in decision-making processes) and social youth participation
- To provide participation of local youth in international activities
- Cooperation and networking with similar organizations of local, national and international level

Youth center BIT in 2012 acquired the status of an organization acting in the public interest in the youth field.

Main fields of our work are:

- Youth information and counseling (individual and group)
- Non-formal education and projects on the local level (workshops, courses, presentations, round table discussions, exhibitions, conferences, youth initiatives)
- International youth projects (European Voluntary Service, Training Courses, Seminars, Job shadowing activities, Networking)
- Club program (Non-commercial/alternative concerts, Stand up comedy shows, festivals)
- Technical and organizational support to individuals and organizations

### **Contact**

Mladinski center BIT

Trg svobode 1, si8340 Črnomelj, Slovenia

Email: [mcbitcrnomelj@gmail.com](mailto:mcbitcrnomelj@gmail.com)

Phone: +38641280379

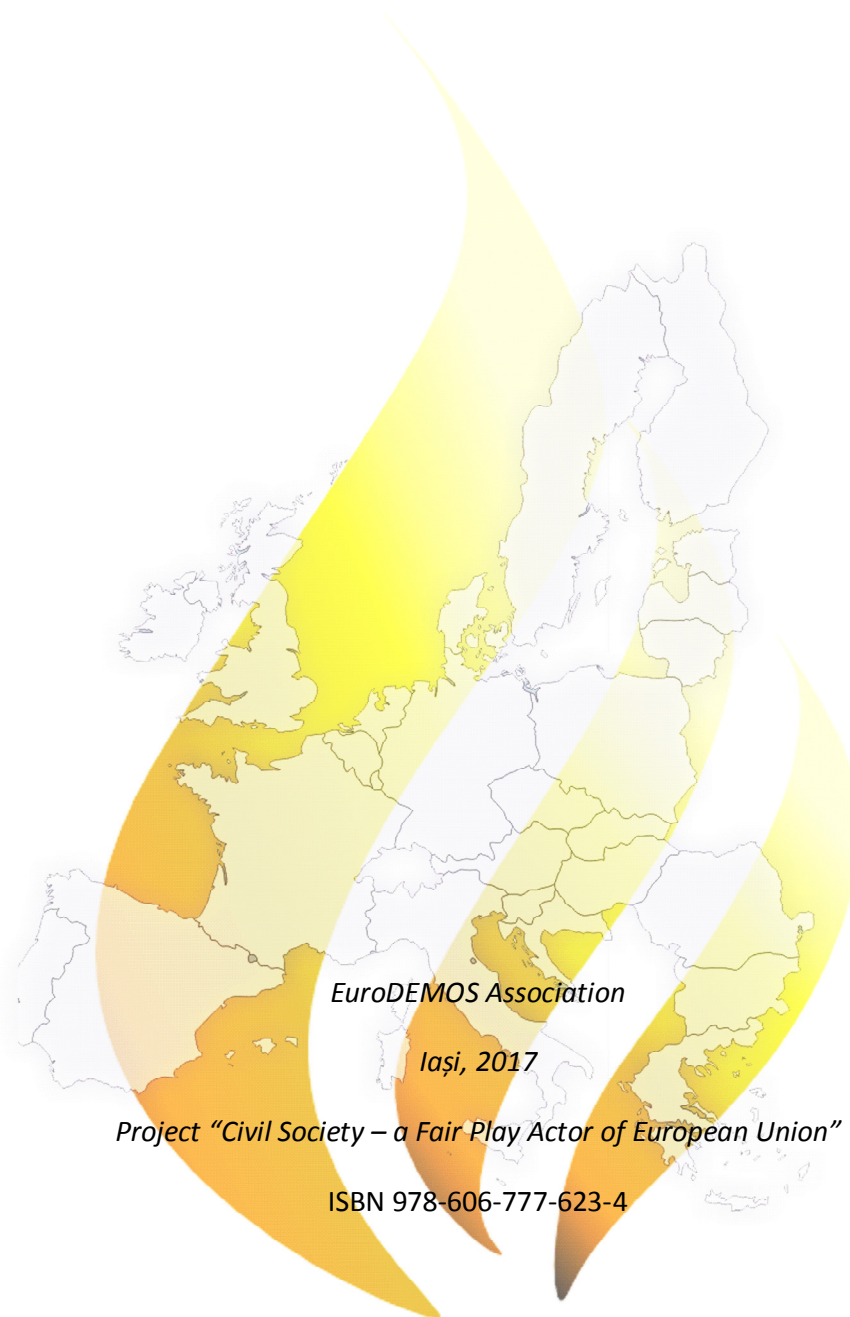
[www.mc-bit.si](http://www.mc-bit.si)



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## Project Partners:



[www.saimo-bg.org](http://www.saimo-bg.org)  
Bulgaria

# V2020

RAISING & NURTURING LEADERS  
Contact: +44 7588 198 431

United Kingdom



Italy



Slovenia

## Project Collaborators:



Romanian  
Chess Federation



Kasta Morrely  
Association



Sport and Youth  
Iasi County Directorate



Iasi  
Municipality

## EuroDEMOS Association

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