

TABLE OF CONTENTS:

VOLUNTARY SERVICE FOR EURO 2012 .....	2
FITNESS = MOVE FOR HEALTH® .....	2
CHECK YOUR LIMITZ.....	3
ARCTOS – TOGETHER TO SUCCESS.....	3
YOUNG OFFICIALS PROJECT.....	4
INSPIRE TO LEAD PROJECT.....	4
RESCUE AWARENESS TRAINING.....	5
SPORTS NIGHTS .....	5
SPORTS DAY.....	6
DANCE FOR LIFE.....	6
SPORTS RETIREMENT .....	7
SPORTSNACK & SNS.....	7
A JERSEY FOR LIFE.....	8
VIVICITTÀ.....	8
MUM, LET’S TALK ABOUT DOPING.....	9
LET’S GIVE US A MOVE .....	9
“E-FILATHLOS” .....	10
PLANNERS OF SPORT FOR ALL: A NEW SPACE FOR YOUNGSTERS.....	10
MONDIALI ANTIRAZZISTI UISP .....	11
THE RIGHT TO PLAY IN PEACE, PALESTINE & EAST JERUSALEM .....	11
GAMES IN THE NET, BOSNIA HERZEGOVINA.....	12
INTERNATIONAL VOLLEYBALL CUP.....	12
THE WAY TO HEALTHY AND INVOLVED YOUTH .....	13
LINKED FRIENDS.....	13
LET THE WIND OF THE OLYMPIC SPIRIT BLOW .....	14
YES RIDE – NO DRIVE.....	14
“DISCOVER THE DIFFERENCE”.....	15
NEW INITIATIVES OF THE YOUTH PANEL IN THE GERMAN HOCKEY ASSOCIATION (DHB) .	15
VOLUNTARISM IS THE KEY TO EVERYTHING FINNISH GYMNASTICS FEDERATION SVOLI....	16
TOBACCO CAMPAIGN .....	16
EQUALITY SPORT GAMES .....	17
VOLUNTEERING FOR THE UNIVERSIADE BELGRADE 2009 .....	18
PROJECT IN THE WILD .....	19
SPORT AND CULTURAL CAMP - UFOLEP .....	19
POLISH ASSOCIATION OF DISABLED PEOPLE.....	20
YOUNG LEADERS – INSPIRED BY SPORT .....	20
VILNIUS ARCHER SPORT CLUB .....	21

The examples of good practice in this guide were submitted by the participants of the 2008 European Youth and Sport Forum held in Paris between November 30<sup>th</sup> and December 1<sup>st</sup> 2008. All of the participants at the Forum worked or volunteered within the field of sport in their home country, and many of them showcased examples of good practice during the Forum itself.

The theme of the Forum was “add your colour”, looking at both the recent White Paper on Sport and the Youth in Action programme run by the European Commission. The Forum looked to make a response to the White Paper, titled “The Pink Paper: From Theory to Practice”. This Pink Paper consisted of a declaration summarising recommendations and actions put forward by the youth of Europe, and a good practice guide highlighting some of the examples of good practice already being used in the field of youth sport in Europe.

“Add your colour” focussed on the following themes of the White Paper:

- Public health and physical activity
- Education and training
- Volunteering in sport, active citizenship and non-profit sport organisations
- Social inclusion in and through sport
- Prevention of and fight against racism and violence in sport
- Sustainable development

It is hoped that the examples of good practice featured here will inspire and motivate others involved in youth sport in Europe.

## VOLUNTARY SERVICE FOR EURO 2012



**Theme:** Volunteering

**Aim:** The aims of the project are:

- to increase voluntary movement in Ukraine, especially in sport
- to promote importance of international sport activities as a tool of intercultural understanding and development of good-neighborliness
- to promote all sport activities as the best way to increase moral and physical health of the nation
- to develop active citizenship among Ukrainian youth.

**Description:** In the frames of the projects is planned to hold such activities:

- training course with participation of experts from Austria, Switzerland, Poland, Portugal, during which the main principles of volunteering in UEFA will be discussed, tasks, rights and obligations of volunteers, examples of good practice will be described, workshops, during which volunteers will better understand their job etc.
- youth exchange (Action 3.1) "Match of friendship" with participation of youth leaders from the same countries. It will contain workshops on such topics: importance of sport and European tournaments for developing of European citizenship, best way of prevention and solving conflicts among fans from different countries, social inclusion in sport, influence of culture and sport on political situation between countries. At the end of the exchange football match of friendship will be held as imitation of Euro 2012.
- Voluntary service during UEFA 2012 itself: all volunteers will be divided into groups of service sectors (airports, stadium, hotels etc.). There will be responsible coordinators, who will control and lead the groups. The main task – help guests of the city enjoy the event.

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## FITNESS = MOVE FOR HEALTH<sup>©</sup>

**Theme:** Public health and physical activity

**Aim:** To implement a joint program to increase public awareness of the benefits of regular physical activity and proper nutrition.

**Description:**

On the basis of the recent directives emanated by the Italian Ministry of Health and on the indications of the WHO-World Health Organization, it has become essential that the public become aware of the importance of a healthy lifestyle in order to control the increase in obesity and cardiovascular disease. In this scenario the family doctor plays a leading role in educating and increasing the awareness of the general public regarding the enhancement of a healthy lifestyle.

The project was a result of discussions between the Italian Federation for Fitness and Aerobics (FIAeF) and the Italian Federation of General Doctors (FIMMG).

Genuine exercise and participation in fitness activities can help to prevent or reverse the development of heart disease, metabolic pathologies and other health problems, however many people are unaware of how to exercise. The FIAeF produced a resource explaining how people can perform simple exercises throughout their everyday life, which was then promoted by the FIMMG. The progress of patients is measured by the doctors periodically throughout the year.

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## CHECK YOUR LIMITZ

ASKÖ 

**Theme:** Public health and physical activity

**Aim:** To promote physical activity to young people

### Description:

More than 20 years ago ASKÖ was the first sport organisation that established the term of "Health-Promoting Physical Activity" in the Austrian world of sports. Since 2000, more than 50 000 young people between 10 and 18 years have taken part in ASKÖ's sportmotoric test series "Check your LimitZ" (CYL). CYL is a sportmotoric test series, developed by the ASKO, the Austrian labour Sports Organisation, including 'slalomfun', 20m sprint, force test, for upper and lower extremities, flexibility, reaction and endurance. The tests are done on sport camps, in schools, sport clubs, ASKO youth conferences and seminars. This initiative is nationally co-ordinated and offered on a regional and local level by ASKÖ's provincial organisations, their staff and their member clubs. The key to the initiative's success is that co-operation takes place with all institutions at a local or national level.

The CYL-test needs very little equipment, with mobile CYL teams reaching schools and clubs throughout Austria. Organisations only need to enough time and space for the testing to take place.

After being tested every participant gets a result sheet which shows the individual's result on a scale of 1 to 10. The results of all participants are registered in a big database. A participant can then compare his performance to recommended standard values and also to the top performances of people within the same age group. Between 2006-8 five new "ASKÖ Physical Activity Centers" (ASKÖ-Bewegungscener) were built.



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## ARCTOS – TOGETHER TO SUCCESS

**Topic:** Prevention of and fight against racism and violence in sport

**Aim:** The aim was to sensitize young people with the topic discrimination in sports.

### Description:

The project "Arctos – Together to success" is one of the most relevant and innovative initiatives of the Austrian Youth and Sport Federation. It is a project which deals with prevention of and fight against racism.

From 2003 to 2005, 10 volunteers of the Austrian Youth and Sports Federation created a concept, in which they decided to make a film about a person who gets discriminated during typical physical activities. As a result they made a resource, which contains 36 pages of information and background information to complement the 10 Video-Clips on the accompanying CD – ROM. The film can be shown during a training camp or other events to advance group dynamics and team spirit.

The European Non Governmental Sports Organisation Youth Committee has just presented the English version of Arctos, and a Hungarian version is in preparation.

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## YOUNG OFFICIALS PROJECT

**Theme:** Volunteering, social inclusion, Education and training

**Aim:** The aim of this project is to increase youth involvement in sport by developing young people as officials.

**Description:**

The Young Officials project was created by the Youth Sport Trust (YST) in partnership with 'V' (a national volunteering charity), eight National Governing Bodies (NGBs) and the English Federation of Disability Sport East Midlands (EFDS EM). Through the project an officials award has been created for Boccia, a Paralympic sport.

During the pilot year the award was delivered to over 160 young people (60 % of which were young disabled people), giving existing Boccia players a chance to gain accreditation and access another route to high level competition, in addition to introducing the sport to young people who had never even heard about it before. The immediate impact of the project was the creation of an award that would have been otherwise difficult to achieve under the constraints of the organization in terms of time and resources and more importantly an opportunity for young disabled people to access training and leadership experiences.



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## INSPIRE TO LEAD PROJECT

**Theme:** Social inclusion, Education and training

**Aim:** The aim of the project is to increase the leadership accreditation, volunteering and employment opportunities for disabled people.

**Description:** Inspire to Lead is an English Federation of Disability Sport East Midlands led project in partnership with Sports Leaders UK, Youth Sport Trust and Sport England.

Two resources have been produced, the first of which is 'Introducing and developing leadership skills in young disabled people' – a resource designed to support the introduction, delivery and assessment of key leadership skills within education and support the community sector to engage with young disabled people in leadership and volunteering.

The second resource 'Developing young disabled people through sports leadership and volunteering' to support the provision of high quality sports leadership and volunteering opportunities for young disabled people. Both case studies have been completed using collated good practice case studies from across the region.



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## RESCUE AWARENESS TRAINING

**Theme:** Education and training

**Aim:** To encourage young people to exercise more to combat obesity

**Description:**

Malta has many sports establishments and gyms that are constantly trying to attract youth to take up one of more sports. Notwithstanding this, Malta's youths the most obese in Europe. Although the youth's diets took some of the blame for this, the main reason is due to the lack of exercise.

The Malta Red Cross tried a new approach to encourage youth to do more exercise and have fun at the same time. We began encouraging youths to join us as volunteers and be trained in basic rescue techniques. In this basic rescue awareness course the youths learn basic first aid, how to find a casualty, how to immobilise a casualty using a spine board and other equipment and also how to use an ambulance stretcher.

Simulations are organised in collaboration with Malta's health and safety departments where the volunteers can practise what they have learnt in these classes, but in a much larger scale. The First Malta Branch also organises competitions where its volunteers are split into teams are these must find a casualty, immobilise him/her and transport to the ambulance in the fastest time. Such competitions further help to make the course fun for all the participants.



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## SPORTS NIGHTS



**Theme:** Social inclusion

**Aim:** to provide opportunities for all university students to participate in sport.

**Description:**

The project of Sports nights was implemented for the first time in 2007 by the Association Sportive de l'Université des Sciences Sociales de Toulouse (Sports Association of the University of Social Sciences) in collaboration with the Sports Department of the University Toulouse 1.

Sports tournaments are held until late in the night for University members, giving people who would not be able to play because of the schedule of their classes a chance to participate in sport. It also promotes meetings between people from different faculties and brings a spirit of cohesion to the campus.

**Programme:**

- 1st night : indoor football and basketball
- 2nd night : handball and flag rugby (no contact)

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## SPORTS DAY



**Theme:** Social inclusion, Public health and physical activity

**Aim:** to provide activities that are accessible for all the youth of the Bagatelle-Faourette district in Toulouse.

### Description:

As part of the French policy relating to the social, economic and preventive development of underprivileged neighbourhoods, the Toulouse Council organize several actions for this lively community and especially the youth. In collaboration with district associations, the Toulouse Sport Department decided to establish a Sports Day for teenagers in the Bagatelle – Faourette district

After a successful first experience in 2007, the Sports Day project was renewed in April 2008. This event creates a friendly moment in the area, to allow people to discover activities and to propose new activities such as “street soccer” or “street ball” which are attractive to children and teenagers. This project encourages sports activities with mixed teams, helping to develop sport for females in the district, while promoting fair-play and teaching the rules of sport and a civic spirit on the ground.

Moreover, this action was the opportunity to increase child and teenagers awareness of health questions. A social dialogue with the youth and mainly teenagers has been created concerning nutrition questions and also preventative action against risky behaviour (like doping).

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## DANCE FOR LIFE



**Theme:** Public health and physical activity

**Aim:** Dance4Life is an international initiative set up to involve and empower young people all around the world to push back the spread of HIV and AIDS

**Description:** Y=PEER is an international youth peer education network interested in young people, youth participation and empowerment, sexual reproductive health, HIV(AIDS) prevention, peer education, human rights, art, sport, fun. Y-PEER conveys important health-related messages and promotes healthy lifestyle among youth Y-PEER using different tools – theatre, music, internet, media and ....dance.!

Y-PEER and Dance4Life work together using serious content and entertainment to get youth on the move.

Dance4Life project consists of several activities:

1. [Heart Connection Tour](#) - each school is visited by the Dance4Life [Tour Team](#) – team of dancers, musicians, peer educators and young people living with HIV.
2. [Skills4Life](#) - in-depth programme to learn more about HIV including: prevention, sexuality, drug abuse, and their rights. They also pick up valuable skills about negotiation, communication and decision making, applicable in their daily lives.
3. [Act4Life](#) - this is all about taking action, anything from becoming a volunteer, fund raising or simply spreading awareness.
4. [Dance4Life Event](#) - every two years on the Saturday before World AIDS Day. Agents of Change (who have taken part in Schools4Life) use their voice and feet, united by one cause and connected live via satellite, they dance together for life in front of each other and the world. They demonstrate what they believe in and what they have achieved as part of Dance4Life. They dance to inspire the world, to gain their support, and to remind the world leaders of the promises they made regarding the Millennium Development Goals.

<http://www.dance4life.com/main>



## SPORTS RETIREMENT

**Theme:** Public health and physical activity, Volunteering in sport, active citizenship and non-profit sport organisations, Social inclusion

**Aim:** The aim of the organisation is to help its members stay healthy and live better thanks to sport, to fight against sedentary way of life, to keep a social life after retirement, and to fight against loneliness

### Description:

The French Federation of Sports Retirement is a federation for people older than 50 which proposes to play non competitive, convivial, adapted and safe sport activities in a group. The federation has 500 clubs in France with 51000 members. Young volunteers help to develop and lead sports for people in retirement who are members of the French Federation of Sports Retirement (FFSR). Courses are also organised with different sports, helping to facilitate meetings between members. With the "Sports Retirement", they can then try new sports like tai-chi or swin'golf (like golf) for example.

Another aim of the federation is to fight against illnesses like "Alzheimer" by the creation of associations with specially trained staff.

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## SPORTSNACK & SNS

**Theme:** Public health and physical activity

**Aim:** The objective of the projects is to create more after school sports activities in and around school surroundings to encourage children to lead a safe and healthy lifestyle in their own neighbourhood.

### Description:

These 2 projects are basically the same but are targeting different age-groups. *Sportsnack* is a project targeting young children from primary school and *SNS* is targeting the youngsters from secondary school. Within these projects young people can participate in different kind of activities after school such as fitness, squash, spinning, wall climbing, and hip hop. The youngsters can pay an amount of money, depending if they want to have a pass for 1 or 2 semesters.

The main objective is to offer young people some recreational sportactivities that are taking place in the school or in a nearby club or centre, right after school. In this way these kids are shown the way to their local sports facilities and possibilities. This project should be affordable for every pupil and should be an opportunity for less sportive youngsters to be more active.

Whitin these projects, schools are working together with BLOSO, SVS, the community, sportclubs and also private sportscentra.

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## A JERSEY FOR LIFE



**Theme:** Public health and physical activity

**Aim:** to brighten the lives of sick children with the support of professional sportsmen.

**Description:**

« **1 MAILLOT POUR LA VIE** » is a French NGO set up in September 2000, and organises meetings between sportsmen and sick children in-door and out-door hospitals.

**“Magical afternoons” in children hospitals:** Sportsmen come to visit ill children and spend time together through recreational activities. It is all about sharing memories, having fun and above all breaking the sickness routine in the hospital that long-term children have to face. We organise 35 afternoons a year and since 2000. More than 10,000 sick children have been visited since eight years.

This helps both sick kids and their family by entertaining them and taking their mind off the pain, fear and isolation of their illness. Who never dreams to meet sport heroes? The association is sponsored by famous sportsmen such as Fabien Pelous (rugby), Isabelle Sévérino (gymnastics), Nicolas Dieuze (football), Sébastien Mongin (handball) or Michael Landreau (football). 2,500 sportsmen get involved in our different projects and they come from all the sport sectors as we work with all the children pathologies.

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## VIVICITTÀ



**Theme:** Sustainable development

**Aim:** the aim of Vivicità is to help citizens to live in their cities in a different way.

**Description:**

Vivicità, a project run by Unione Italiana Sport per Tutti (UISP) is a running race organized in the same day and at the same time in several cities (40 in Italy). In the last two editions the main topic was the environment: the goal of Vivicità is to become an event at “zero impact”. There are two kind of races: one non-competitive (4 km) and one competitive (12 km). Vivicità is also organized into the penal institutions and in more than 20 cities all around the world, especially in cities in which sport can give a message of peace through this race.

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## MUM, LET'S TALK ABOUT DOPING

**Theme:** Public health and physical activity

**Aim:** to empower young people to create anti-doping campaigns

**Description:**

"Mum, let's talk about doping" is a one year project on doping targeted to secondary school children from 38 cities. Young people will be responsible of the ideation and elaboration of communication campaigns to be realised in cooperation with their teachers and UISP educators. They will work on several kinds of materials: leaflets, posters, cartoons, promotional, videos, theatrical performances.

The methodology has been already experimented during previous projects. The difference in "Mom, let's talk about doping" is the final target, parents, are informed and educated by their sons and therefore promote knowledge and awareness raising.

The project is evaluated on 2 levels:

- best practice, based on the elaboration of a questionnaire to be submitted to the young people;
- project efficiency, with young people involved in the elaboration of an informal interview to be submitted to their parents.

The website [www.mammaparliamentodoping.it](http://www.mammaparliamentodoping.it) is at the heart of the project, containing all the materials to use in the project, to act as tool available for the youngsters in order to communicate with each other, and to promote ideas exchanges and videos/messages sharing.

The project is co-funded by UISP and the Health Ministries

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## LET'S GIVE US A MOVE

**Theme:** Public health and physical activity

**Aim:** The aim was to realise an information campaign on active life styles able to promote well-being and health, to fight against obesity, raising awareness of young people's responsibilities of their own choices, starting from early ages.

**Description:**

"Let's give us a move" was conceived to raise awareness of the importance of active lifestyles. Young people in schools kept a diary about their daily physical activity and food consumption. In class groups, young people shared their experiences with the diary and helped to motivate each other and share their good practice.

UISP also made two versions of the same brochure; one for teachers and one for parents. The brochure aimed to involve families and help them to build "spaces" for activity outside structured sport, based on movement, games and fun.

The campaign initially aimed to involve 3000 children, but was so successful that the final number of children involved was 20 040 children in 69 cities and 166 schools (985 classes). The success of the campaign resulted in a second year being planned, with new schools starting the campaign and children who have participated to the 1st year involved in what is called "maintenance process". This project is called "Let's re-give us a move", and in first year involved 6554 children, and the second year while 2nd year involved 16 182 children. Both projects had their own evaluation process and websites: [www.diamociunamossa.it](http://www.diamociunamossa.it), [www.ridiamociunamossa.it](http://www.ridiamociunamossa.it), which are linked with each other. The websites contain details of the development of the projects, allow participants to interact and having contain the materials of both the campaigns.

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## “E-FILATHLOS”

**Theme:** Prevention of and fight against racism and violence in sport

**Aim:** to increase awareness of the fight against racism and violence in sport through the use of the internet and web 2.0

**Description:**

The project “e-filathlos” uses the Internet as a tool to fight against any kind of social exclusion and discrimination. The project uses a website to connect people and promote discussion, and provide a forum for people to organise, in association with local councils, activities that are against racism and violence in sport. So far friendly football tournaments and street demonstrations have been used to promote antiracism. Best practice in the area is also showcased on the website, and users can discuss with each other their own initiatives and methods and contribute to their own blogs.

This virtual community allows individuals to take ownership of the issue and to actively participate against violence and racism in sport using videos and also the use of an innovative online comic “Filathliotites”. The comic is inspired by current sports news which are described with humour while commenting on topics concerning incidence of fanatical behavior. Bringing people and communities from different sports together in an open common space we can promote an open multicultural dialogue based on the principle that sport is life, health and a way for socialisation.

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## PLANNERS OF SPORT FOR ALL: A NEW SPACE FOR YOUNGSTERS



**Theme:** Volunteering and active citizenship

**Aim:** to give young people the skills to plan ‘Sport for All’ activities

**Description:**

"Planners of Sport For All" is a 1 year project (September 2007 – August 2008) which involved 500 youngsters (15 - 18 years old) from all over Italy in the organisation and planning of Sport for all activities. The project wants to let youngsters experiment and recover a positive relationship with sport. It foresees the collaboration of schools, 17 Uisp committees and their sport clubs, with the creation of local “laboratories”, developed on the territories, on 3 topics: sail, natural environment and role play. Each laboratory worked by alternating activities in the schools with others activities realized outside them.

1. Sail: is a word which includes different meanings: travel, discovery, cohabitation, physical-activity, fun, game. The activities included training as well as open air activities bringing the youngsters to plan and built their own 3 metre boat.
2. Natural environment: this laboratory wanted to stimulate the curiosity, the cultural abilities and the practical capacities of the participants via theoretical studies and practical activities in the parks, green areas and urban spaces.
3. Role play: the role play focused on organizational and technical aspects, throughout the realization of a real role play: the constitution and management of a sport club.

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## MONDIALI ANTIRAZZISTI UISP



**Theme:** Prevention of and fight against racism and violence in sport

**Aim:** to learn about different cultures, also organise activities, debates, concerts and meetings about the fight against any kind of racism and discrimination.

**Description:**

The Mondiali Antirazzisti (Antiracist World Cup) born 12 years ago by the organizations Progetto Ultra UISP and Istoreco, and is on of main activities cared by the European Fare (Football Against Racism in Europe) net.

It is a great free football tournament, where about 200 teams composed by supporters, associations, group and migrants from all over the world, play for five days in the respect of each other, and live together sharing ideas, experiences and projects.

The football of the Mondiali is without referees, because participants have to control by themselves, and the only strict rule is the fair-play. Also the awards are "special": not only for the winner, but also for the nicer supporting, the team coming from the furthest country, the best fair-play team.

More, the Mondiali is not just a moment to play football and other sports, but is overall an opportunity to know different culture, also organizing activities, debates, concerts and meetings about the fight against any kind of racism and discrimination.

This event usually takes place in July and it welcomes about 7000 people every year.

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## THE RIGHT TO PLAY IN PEACE, PALESTINE & EAST JERUSALEM



**Themes:** Social inclusion

**Aims:** The full rehabilitation an all purpose educative centre for young people to have an alternative to the street life and a support for alternative activities in everyday life.

**Description:**

This project, run by Peace Games UISP, started on 2005, is about the full rehabilitation of "Al Zuhur Center", an all-purpose educative centre with a sport and cultural club, women's centre, in which young people of the camp can find an alternative to street life and support in everyday life activities.

Local teachers and sport coaches have been trained by the Italian staff of Peace Games UISP, and now offer sport activities to young people which opens dialogue between them preventing crime, aggressiveness and drug addiction.

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## GAMES IN THE NET, BOSNIA HERZEGOVINA

**Themes:** Social inclusion

**Aims:** To develop a social and educational activities in the not school field, focused on inter-culture, peace and social inclusion, promotion and exchange among different areas about the social disease.

**Description:**

After many years of civil wars, among different ethnic and cultural groups, the integration in the Bosnia Herzegovina society is very difficult. Since 1994 Peace Games UISP points on young Bosnian people to develop a cooperation and integration culture, with the projects "GiroGioroGico" before, and "Games in the Net" now.

The main instrument used is the Ludobus, a bus staged as mobile playroom, to reach the remote and disadvantaged areas of Bosnia, where local workers trained by Peace Games UISP work with kids and children. The Ludobus links the several cultures of Bosnia, because it crosses Muslim and Catholic, Serbian, Bosnian and Croatian towns.

Thanks to the partnership with two Italian NGOs (Nexus and Educ-Aid) the project develops actions also in school and traditional playrooms, with the final aim to share experiences and build a Net of good practices across the territory.

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## INTERNATIONAL VOLLEYBALL CUP

**Theme:** Social Inclusion

**Aim:** to offer volleyball competition that is available to all students at the University of Latvia.

**Description:**

Three years ago group of young and active persons (students and representatives Sport Service Centre of University of Latvia) realized that there were hardly any opportunities to play volleyball for students who were not professional players.

The Sport Service Centre of University of Latvia and sponsors pay for the hire of the sports hall and the referee, which allows participants from the University to play without encountering the barrier of cost. At the very beginning the volleyball league was only for students of the University of Latvia as a competition between faculties, but in 2007 an international league for students was organised with students from Lithuania and Estonia participating. Our aim was to improve and promote relationships among students, universities and countries through this international volleyball cup.

In 2007 18 teams (9 men's and 9 women's teams) involving about 200 players from all Baltic states competed in the tournament. The tournament is now being expanded to include teams from Finland, the Netherlands and Russia. Participants or their Universities only have to pay travelling expenses, accommodation and food.

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## THE WAY TO HEALTHY AND INVOLVED YOUTH

The aim of the project was to unfold large-scale campaign on healthy lifestyle, struggle with HIV/AIDS and other STDs, active civil participation, among young people from remote regions of Armenia.

In the framework of this project the staff of "YELK" NGO organized trainings on the above mentioned topics with young people from remote regions. After that the participants developed plans of campaign activities on the above mentioned issues with the time schedule. After approval of the plans by "YELK" they realized them with assistance of project staff. They visited different communities, organized meetings, trainings, and discussions with young people on the main topics of the project. In two regions the young people organized sportlands.

During the whole project both national and regional media broadcasted the project activities.

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## LINKED FRIENDS

**Theme:** Volunteering

**Aim:** The aim of the project is to form a virtual chain of youth who are somehow involved in sports.

**Description:**

The Youth Committee has been founded in January, 2006. The committee's job is to offer different sort of sports-related events, get-togethers and so on. The committee aims to make itself known throughout the sports sector in Finland and to built a strong network both in Finland and internationally. The Committee also acts like a consultancy among youth and sport –related issues, for example with representatives on the Finnish Sports Federation's committees and on the board of Young Finland Association.

This has been achieved by organising meetings open for youth interested in sports and/or decision-making, informing by e-mail and contacting young people face-to-face in different sport events or exhibitions. The point is to share the ideas and experiences, to discuss about actual themes related to youth and sports and to create new contacts and actually a network of youth, which are linked friends. At the moment there are approximately 70 young people in the chain and we hope the amount grows! The project has been started in the spring 2007 and now the second Youth Committee is continuing the project and organizing a meeting for linked friends in December, 2008.

**Young Finland Association** [http://www.nuorisuomi.fi/in\\_english](http://www.nuorisuomi.fi/in_english)

**Finnish Sports Federation** [http://www.slu.fi/eng/finnish\\_sports\\_federation/](http://www.slu.fi/eng/finnish_sports_federation/)

**Finnish Olympic Committee** [http://www.noc.fi/in\\_english/](http://www.noc.fi/in_english/)

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## LET THE WIND OF THE OLYMPIC SPIRIT BLOW



**Theme:** Education and Training

**Aim:** The aims of the project are:

- to make children sensitive to the Olympic values such as respect, excellence friendship with an interdisciplinary educational bas,
- accompany teachers in their projects and to provide supplementary information and resources,
- to allow young people to become actors in their own sports and/or cultural events,
- to create links between secondary schools, primary schools, sport clubs, cultural and scientific associations, and local institutions.

### **Description:**

Let the wind of the Olympic spirit blow is an educational basis for teaching the Olympic spirit and values. This project was developed since 2006 by a pilot plan committee in the Isère French department. Each year, from January to March, secondary schools send us their project. Each project should involve interdisciplinary work and reflection in class or in smaller groups, leading to a cultural, artistic, scientific or sporting production and organising a sports event that promotes students' own initiative, cultural and artistic productions too.

We provide 7 exhibitions on Summer Olympic Games, Winter Olympic games, fair play, women and sport, the Olympic torch relay.

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## YES RIDE – NO DRIVE



**Theme:** Sustainable Development

**Aim:** to encourage people to use sustainable forms of transport such as cycling

### **Description:**

On June 5<sup>th</sup> (environment day) in Tbilisi, Georgia the Young Georgian Greens held an event "we can keep it cool in Georgia". The event focused on the promotion of healthy and sustainable means of transport including cycling, trams and trolleys.

The action included bike race on the main avenue of Tbilisi during which informational fliers were spread containing information on the rate of air pollution in the city and the main causes of climate change, with mottoes such as "use healthy and cheap transport - bike", " No -drive . Yes-ride" , "move green". The project was delivered with a local bicycle club, "Bike Club Tbilisi "

The organisers of the campaign also focused on lobbying the city council to make the action sustainable for the future, with the creation of special bicycle lanes and provision of parking spaces for bicycles. The action had an wide media coverage, with TV companies like: "Social Channel", "Mze", "Kavkasia" and "Alania" covering the event.

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## “DISCOVER THE DIFFERENCE”

**Theme:** Social inclusion

**Aim:** to assist the development of the civil society in the different countries and to ensure that cross-border cooperation between civil society organisations are established and developed

**Description:**

South East Europe has recently been a theatre for interethnic conflicts: in this region, sport is one of the tools for developing civil society, democracy, integration and socialization. The International Sport and Culture Association started a long-term program, coordinated by Sports Union of Slovenia, called the South East Europe Youth (SEYOU) Youth Seminar. The goal of SEYOU was to get concrete inputs for the future youth activities in the Balkan's countries. The seminar was integrated in the Montenegro Sport For All festival, offering a complete sport-oriented seminar.

The seminar featured workshops relating to the development of new projects in sport, and group sport activities which gave participants the possibility to have fun and build relationships between members of the team. The SEYOU team participated in all the Festival's activities with heterogeneous composition: we used the “aggregative” dimension of the sport to build a strong international team.

As a result of the seminar five concrete projects, 6 common conclusions and a highly motivated “SEYOU team” ready to implement the conclusions were formed.

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## NEW INITIATIVES OF THE YOUTH PANEL IN THE GERMAN HOCKEY ASSOCIATION (DHB)

**Theme:** Volunteering

**Aim:** the Youth Panel aims to represent the interests of young people within hockey in Germany and has created a new method of rewarding and motivating young leaders in field hockey.

**Description:** A new Youth Panel consisting of people under the age of 24 was formed in 2007 to give a voice to the youth of German hockey, and modelled on the International Hockey Federation's (FIH) youth panel. The German Youth Panel has a number of functions: promoting hockey at national youth events, organising workshops, giving seminars and working with national junior teams on anti doping, working to install elected youth spokespersons at federal state associations, and appearing at national and international youth events in an officiating capacity.

Every year 12 young leaders (under 24 years old) from Germany are recognised with the FIH's Young Leader's Certificate. With increasing interest from the members of the hockey clubs in the international certificate over the last 7 years, it was felt a new certificate for young people under the age of 16 was needed to encourage them to stay involved in hockey. The new award recognises young leaders activities and achievements in the following fields: of coaching, umpiring, event organisation, journalism, communication, anti doping.

It is hoped that with the new certificate young leaders will stay involved with hockey long enough to be considered to receive the international award a few years later.

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## VOLUNTARISM IS THE KEY TO EVERYTHING FINNISH GYMNASTICS FEDERATION SVOLI

**Theme:** Volunteering and Active citizenship

**Aim:** to give young people involved in gymnastics in Finland a chance to be involved in decision making

### **Description:**

In Finnish Gymnastics Federation we have formed a group of young volunteers from all over Finland who have an opportunity to be heard in the field of gymnastics and dance. The first group of representatives has been elected in the year 2006 and the working period is three years. The group seeks to encourage young people and adults working together, and as such both youngsters and adults are included in this group. They all have the same interests - today and future of youth and gymnastics and one of these interests is decreasing the drop out in this field of sports.

The Youth Group has meetings four to six times in a year. The group gives opinions on actual themes of Finnish gymnastics and dance and these comments are listened to by decision makers of the Finnish Gymnastics Federation. The Youth's Group also organizes and participates in different kind of seminars and events.

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## TOBACCO CAMPAIGN

**Theme:** Public health and physical activity

**Aim:** to raise awareness of the effects of active and passive smoking among young people and to offer them an alternative: sport.

### **Description:**

The Romanian Youth Council CTR is the umbrella organisation which gathers the majority of national youth Non Governmental Organisations, international affiliated organisations and County Youth Foundations in Romania

The Tobacco Campaign was a diverse group of activities that were organised in Romania using sport as a tool for unconventional and innovative methods of health promotion. These included:

- Obstacle contest for young participants
- Playing sports on the beach : e.g.: smokers vs. non-smokers
- Seminar: A healthy life through sports – we informed young people about the healthy lifestyle of the Scouts who were practicing sports in almost every camp they have had, we promoted the importance of a healthy life in sport (non-smokers), the idea of practicing a sport and, if possible, having performance.
- Conference: included sportmen discussing about the consequences of active and passive smoking and how it influenced their performance, to attract the young people to practice a sport for their own health and to make some demonstrations of karate.

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## EQUALITY SPORT GAMES

**Theme:** Social Inclusion, Education and Training,

**Aim:** to promote equality, anti-discrimination and tolerance through sport activities, and to raise awareness among young people of the need for an active and healthy lifestyle

**Description:**

This project was organized by the YMCA in Skopje, in the Former Yugoslav Republic of Macedonia from 01-10 July 2008. The timing of this project, just a few weeks before the Summer Olympic Games in Beijing in 2008 was perfect. More than 400 children and young people from minority groups such as Roma people participated in various sports to foster greater understanding between the various ethnic groups. Sports included futsal, basketball, cross running, a 5 km running race, volleyball, cycling and hiking on the nearby mountains. Social inclusion was promoted through workshops on anti-discrimination and tolerance, and participants were given t-shirts with the logo of the games and messages promoting solidarity, equality and tolerance. This project was successful example of non-formal education through sport that raised awareness of cultural differences and the need for an active and healthy lifestyle.

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## ACTION AND CREATION WEEK - FSCF

**Theme: Volunteering and active citizenship**

**Aim:** to encourage the participants to take over responsibilities when being/getting involved in different local, regional and national structures as well as to encourage them in the actions they were doing in everyday life.

**Description:**

In 2006, the French Sport and Culturel Federation (FSCF) created an action called **"S.A.C. ADOS"** (Action and creation week) in order to reward its young volunteers. Thirteen deserving volunteers between 14 and 17 years old from associations that are affiliated with the FSCF participated in this project.

For one week, the young people were given the chance to participate in sports activities (hiking in the mountains, mountain biking, canyoning, wildwater swimming), in creative and educational activities (speaking in public, photos, videos, homepage) as well as in discussions about up to date topics such as development and drugs and doping.

Because of its motivating outcomes, the FSCF is eager to repeat the program: One of the participants of S.A.C. ADOS will become integrated into the FSCF's Federal Basketball Commission. Others continue their commitment in their respective associations taking over more and more responsibilities, for instance as volunteer physical education trainers, or they are facilitators in international youth camps.

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## VOLUNTEERING FOR THE UNIVERSIADE BELGRADE 2009



### Theme: Volunteering

**Aim:** Our vision is fostering the culture of volunteering in Serbia, as well as recognition and putting value on the volunteer work in our society.

### Description:

Our mission is providing an optimal number of volunteers - attracting, recruiting, selection and training of 10 000 volunteers. The volunteers contribute to all the aspects of organization of the Universiade which will be held from 1<sup>st</sup> to 12<sup>th</sup> July 2009.

Raising awareness on helping own community could be one of the most important legacies that the Universiade will create and if it is recognized in the right way by the state bodies, it can represent the initial trigger for passing the Law on volunteering in Serbia.

We developed a "Benefit program" for volunteers that consists of different parts and affects almost all ages. It was designed to stimulate the volunteers to participate in as many activities, before and during the Universiade, and thus win points through which they win levels and acquire rights for new and bigger benefits, compared to the previous level they were at.

So far, we have provided the following different benefits:

- Non – formal education on different topics (fund raising, project management, how to use internet properly, how to write a CV, code of behaving, team building, preparing for a job interview...)
- ECTS credits for the students at some faculties
- Free foreign languages courses
- Sport, cultural and touristic activities in Belgrade (free of charge or with discount)
- Basic benefits (uniform, food, transport...)

We strongly believe that it is very important that we have our own visual identity, so the volunteers can feel that they are a part of one group and that is why we have our own logo, slogan and anthem of volunteers together with video movie.

We are recruiting young high school pupils and student by going on their schools and faculties, visiting all the important sport, cultural and educational events in Belgrade.



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## PROJECT IN THE WILD

**Theme:** Social inclusion

**Aim:** to share life experiences and remove prejudices about different cultures living in Cueta, Spain, and to enrich the relationship between young people and nature, in order to appreciate and enjoy it.

**Description:**

This project is targeted at all young people in the city of Cueta in Spain, a city in which people from different cultures such as Christian, Hindu, Jewish and Muslim coexist.

The camp offers young people alternative leisure opportunities such as hiking, archery, climbing, and rappelling, as well as building confidence with group work and games. Importantly, the activities promote values such as respect and cooperation between young people from different cultures.

Information about the project is spread by young correspondents throughout the city by posters and press releases.

## SPORT AND CULTURAL CAMP - UFOLEP

**Theme:** Social inclusion

**Aim:** The aim of the exchange was to promote a cultural exchange between young participants, and to discover the host region of Franche-Comté.

**Description:**

UFOLEP is a sport for all and multisport federation in France, founded in 1928 with the purpose of setting up popular and civic forms of practising sport and physical activities.

UFOLEP of Franche-Comté, with Club Unihockey Bisontin and OFAJ – French-German youth office organised a binational sport and cultural camp to promote understanding between French and German young people. The camp took place in Rioz (Haute-Saône) with 26 young people from the French Club Unihockey Bisontin and the German Baden-Württemberg Unihockey Verband participating. The children were aged from 10 to 17 years old, with 13 young people from France and 16 from Germany.

The young people participated in activities such as canoeing, mountain biking, climbing, kinball, language animations including songs and knowledge games to get to know each other and learn about the differences between their countries.



## POLISH ASSOCIATION OF DISABLED PEOPLE

**Theme:** Social inclusion

**Aim:** the Polish Association of Disabled People aims to raise awareness of the issues facing disabled people and lobby for a more integrated society.

**Description:**

The main objectives of the Polish Association of Disabled People

1. impact on social policy and cooperation concerning legal regulation in the field of opportunity equalisation of disabled people with the society;
2. inspiration and organising various forms of disability prevention and motorial rehabilitation development;
3. dissemination and organising of regional, national and international sport, recreation and touristic events
4. influence concerning the access of disabled people to buildings, means of transport and other infrastructure;
5. inspiration and cooperation concerning culture and art development for the benefit of disabled people;
6. impact on state and local institutions in order to create the just standard of living for the disabled;
7. organizing and development of international cooperation in the field of the disability issues
8. raise awareness and respect in society towards disabled people and their integration with the society.

The Association has organised 2 international conferences, and also works on a local level providing opportunities for young disabled people to take part in sailing, horse riding and skiing.

## YOUNG LEADERS – INSPIRED BY SPORT

**Theme:** Volunteering

**Aim:** to give young people the opportunity to participate in decision making processes in sport.

**Description:**

ENGSO Youth (European Non-Governmental Sport Organisation) is working to develop a sporting culture in which children and young people are encouraged and given the opportunity to participate in decision-making processes at all levels within sports organisations. This will encourage more young people to stay involved in sport and ensure that the activities offered meet the specific aims and needs of young people.

To promote good practise ENGSO Youth published the Motivation Paper 'Young Leaders – inspired by sport'. In the paper examples are given how youth co-determination can be implemented in sport organisations. A wide range of possible structures from youth committees to youth organisations are described in that document. It intends to motivate young people that are interested to establish a youth structure in their sport organisation to guide them the way. By giving young people positions of responsibility within clubs, and encouraging them to develop their own ideas and activities, sport is ensuring a successful legacy for the future through the recruitment and training of potential leaders.

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## VILNIUS ARCHER SPORT CLUB

**Theme:** Social inclusion

**Aim:** To provide an opportunity for female young people in Vilnius to take part in an archery competition

**Description:**

The Archery Sport Club in Vilnius organised a competition between archers from Vilnius archery sport club "Lankininkų sporto klubas" and Ryga archery sport club "Amazones". In order to include young female archers in the event they were integrated into the men's competition, providing a competitive experience that they might not otherwise have had. The competition lasted two days, with an individual qualification tournament on the first day and individual and team finals on the second day. Communication and dialogue between competitors of both sexes was encouraged with an excursion in Vilnius and with national Lithuanian food.

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