

ISCA Projects Overview 2015-2017

Current ISCA projects

ActiveVoice

Giving grassroots sport organisations a more “ActiveVoice” in physical activity policy

The ActiveVoice project aims to develop relevant tools and resources that will help enhance grassroots sport organisations’ influence on physical activity policy and make their advocacy efforts more effective overall. The project partners are European umbrella organisations with experience in advocacy at an EU level. During the project, they will engage with their member associations (the national project partners and beyond) to deliver capacity building and facilitate alliance creation and specific advocacy interventions on national and local levels.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships

Project period: January 2016—December 2018

Grant amount: €500,000

Website: <http://www.activevoice.eu/>

International partners:

ISCA (project lead), EPODE International Network (EIN), European Cyclists’ Federation (ECF), European Healthy Stadia Network, European Physical Education Association (EUPEA),

National partners:

International Association of Sport and Leisure Infrastructure (Slovenia), UFOLEP (France), V4Sport (Poland), BG Be Active (Bulgaria), UISP (Italy) and Greenways SCE (Greece).

Integration of Refugees through Sport

Two projects – one goal: to better integrate refugees through sport and physical activity

In 2016, ISCA, with funding from the Nordplus and Erasmus+ programme, started working on two projects addressing a sensitive topic and vulnerable target group that has been the subject of great debate in Europe this decade: integration of refugees. The projects are bringing together experts from the Nordic countries, the UK, Italy and Germany to map and explore ways of integrating refugees into European societies through sport and physical activity.

Project 1 co-funded by: Nordplus Adult 2016

Project period: June 2016–May 2018

Grant amount: €54,840

Partners: ISCA (project lead), Akershus Idrettskrets (Norway) UMFÍ (Iceland), Academy of Physical Education Ollerup (Denmark), SISU Västergötland (Sweden)

Project 2 co-funded by: EU Erasmus+ KA2

Project period: September 2016–August 2018

Grant amount: €207,741

Partners: ISCA (project lead), Academy of Physical Education Ollerup (Denmark), SISU Västergötland (Sweden), StreetGames (UK), University of Kent (UK), German Gymnastics Federation (DTB, Germany) and UISP (Italy)

MOVEment Spaces

Addressing the needs of the growing urban population and relying on the EU Physical activity guidelines ISCA started a new project called MOVEment Spaces to promote and enhance facilities for physical activity in urban spaces. The two-year project brings together five European cities (Barcelona, Birmingham, Paris, Wroclaw and Plovdiv), five NGOs and experts to collect, share and implement good practices that encourage participation in physical activity in urban setting. Encouraging partnership between cities and grassroots sport organisations is the key to developing sustainable physical activity programmes.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships

Project period: January 2017–December 2018

Grant amount: €400,000

Website: <http://movementspaces.isca.org/>

Partners:

Coordinator: ISCA

Cities: Barcelona (ES), Birmingham (UK), Paris (FR), Plovdiv (BG), Wroclaw (PL)

Grassroots sport NGOs: BG Be Active (BG), StreetGames (UK), Eurofitness (ES), UFOLEP (FR), V4Sport (PL)

Experts in urban facilities: Danish Foundation for Sport and Culture Facilities (DK), DGI (DK), International Association for Sport and Leisure Infrastructure Management IASLIM (SI)

European Week of Sport in Denmark

Based on a recommendation from the Danish Ministry of Culture, the European Commission appointed ISCA as the National Coordinating Body for the European Week of Sport (EWoS) in Denmark 2016 and 2017. With ISCA's Secretariat being in Copenhagen, we are in a prime position to establish partnerships with local event organisers. In 2016, these included DGI, the NOC and Sports Confederation of Denmark (DIF), Danish Athletics Federation, Ollerup Physical Education Academy, the Danish Outdoor Council, Danish Society for Nature Conservation. In 2017, the flagship events included the #BeActive Day of Team Sports and Health organised by the Copenhagen Centre for Team Sport and Health at the University of Copenhagen and the Marguerit Run, plus DGI's Happy Moves, activation in Copenhagen and Funen by the Ollerup Academy of Physical Education, #BeActive Walks organised by the Danish Ramblers' Association, Copenhagen Runners High, and Bike&Run events by the Danish Federation of Company Sports.

Project co-funded by: EU Erasmus+ Sport

Project period (1): March 2016–December 2016

Project period (2): March 2017–December 2017

Grant amount: €100,000

Website: <http://europeanweekofsport.dk/>

Bike for Europe (new)

The #BikeForEurope cross-border cycling tour's overarching objective is to draw attention to the social inclusion of refugees, immigrants and asylum seekers, and promote the European Week of Sport (EWoS). It encourages participation in sport and physical activity by inviting people to be part of a pan-European campaign. Two recreational cycling teams will start from different sides of Europe (NED and GRE) to cycle towards Austria for the culmination of a cross-sector PR event to mark the Opening of EWoS on 23 September, 2018. Passing 11 countries, the tour connects the European Culture of Capital (Leeuwarden) and Green Capital (Nijmegen), the hosting country of EC presidency (Austria), and one of the main landing spots for refugees (Thessaloniki).

Project co-funded by: EU Erasmus+ Sport Not-for-Profit Events

Project period: November 2017–October 2018

Grant amount: €300,000

Grassroots Sport Diplomacy (new)

Grassroots Sports Diplomacy is a concept of relevance for developing external relations for the EU and official European bodies; national governments and national governmental agencies; and national NGOs and other stakeholders in grassroots sport. The project will address all three groups of stakeholders, acknowledging that, as a part of public diplomacy, a strong civil society component is essential for the concept to be credible and successful. The partners comprise governments, sport NGOs, expert institutions, and non-EU partners. The goal of the project is to develop the necessary foundation for a qualified and systematic role of grassroots sport in international relations, which will ultimately enhance grassroots sports participation.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships

Project period: January 2018–December 2019

Grant amount: €400,000

Partners:

European Governments

- State Secretariat of Sports, Hungary
- Portuguese Institute for Sport and Youth, Portugal

Expert institutions

- European Observatory of Sport and Employment (EOSE), France
- Think Tank Sport and Citizenship, France

- The French Institute for International and Strategic Studies (IRIS)

Sport-oriented bodies

- National Olympic Committee and Sport Confederation of Denmark
- Unio Barcelonina d'Associacions Esportives (Ubae), Catalonia, Spain
- Unione Italiana Sport per Tutti, Italy

Non-European partners

- SESC, social service of commerce, Brazil

Completed ISCA projects

MOVE Week 2015 – The flagship event in the NowWeMOVE campaign

MOVE Week is the flagship event of the NowWeMove campaign, building on the cross-sector vision to get 100 million more Europeans active in sport and physical activity by 2020. The overall objective is to facilitate cross-sector collaboration for the promotion of participation in sport and physical activity. The event aims to raise awareness of the benefits of sport and physical activity among European citizens through a Europe-wide multimedia campaign promoting physical activity generally and the MOVE Week specifically. It increases accessible opportunities to be active in sport and physical activity by developing new and up-scaling existing initiatives through engaging partners from organisations, clubs, municipalities, schools and other sectors to stage physical activity events.

Project co-funded by: EU Erasmus+ Sport Not-for-Profit Events

Project period: January 2015–December 2015

Grant amount: €1,000,000

Website: <http://moveweek.eu/>

#BeActive FlashMOVE

The #BeActive FlashMOVE was a flash mob event that opened the European Week of Sport in Slovakia in 2016. During the FlashMOVE, hundreds of events took place simultaneously across Europe at the same time as the event in Kosice. The size of the event varied from small events organised by local groups, to bigger community events, to large-scale city events.

Project co-funded by: EU Erasmus+ Sport Not-for-Profit Events (European Week of Sport)

Project period: May 2016–April 2017

Grant amount: €300,000

Website: <http://flashmove.nowwemove.com/>

Journey of Hope Cross-Border Cycling Tour

The “Journey of Hope” was a cross-border cycling tour to promote the European Week of Sport in the lead-up to the week. It gave Europeans an opportunity to join any stage of the tour they wished to promote physical activity, active transport and peaceful mobility while they rode. On 18 August, a Turkish team of cyclists started their 31-day journey from Copenhagen, crossing the border of 7

countries (Denmark, Germany, Poland, Czech Republic, Slovakia, Hungary and Austria) and riding along 9 EuroVelo routes for a total distance of 2,530 km. On 10 September the tour arrived in Kosice for the opening event of the European Week of Sport (EWoS), and the journey finished on the last day of EWoS on 17 September in Vienna.

Project co-funded by: EU Erasmus+ Sport Not-for-Profit Events (European Week of Sport)

Project period: May 2016–April 2017

Grant amount: €279,388

Website: <http://nowwebike.nowwemove.com/>

European Fitness Day #BeActive

European Fitness Day aimed to make 15 September the most active day of the year in Europe. Inspired by the UK's National Fitness Day, organised by ukactive since 2014, ISCA's partners, including ukactive, the German Gymnastics Federation, Sports Union of Slovenia, BG Be Active and Eurofitness, invited their members, partners, physical activity stakeholders and the public to engage in the day. Fitness centres, sports and health clubs organised activities such as open doors and try-it sessions of dancing, martial arts, and spinning.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships (European Week of Sport)

Project period: April 2016–September 2017

Grant amount: €150,000

Website: <http://european-fitness-day.nowwemove.com/>

Partners' projects

Active School Communities

Eleven partner organisations from across the EU are working together to develop a toolkit to enable local sports organisations and schools to work effectively in partnership to increase physical activity levels among young people, especially the least active. Next year the toolkit will be piloted and tested in six countries, and the resource will be available to local sport and physical activity providers and schools across the EU from September 2017.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships

Project Coordinator: BG Be Active (Bulgaria)

Project period: January 2016–December 2017

Grant amount: €470,000

Website: <http://activeschoolcommunities.eu/>

#DopOut: Social Network and Peer Education Against Doping

The #DopOut project consists of sharing at EU level a UISP best practice of a social media communication and awareness raising campaign addressed to young people (11-18 years) on doping and “pharmacological pollution” (use of drugs and prescription medicines) in sports. It aims to increase awareness among adolescents of doping related issues and their knowledge on prevention. It focuses on raising awareness about the damage caused by the use/abuse of banned substances; having a positive influence on young people about health issues, psycho-physical wellbeing and, consequently, on their lifestyles choices; and enhancing the social and ethical values of sport.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships

Project Coordinator: UISP (Italy)

Grant amount: €284,700

Project period: January 2017–December 2018

European Fitness Badge

The European Fitness Badge tests were trialled in 2016 and will be ready for implementation next year. The main goal of the project is to enhance the capacity of sport organisations, by using the European Fitness Badge (EFB), with its connected communication and education modules, to motivate and support people to adopt an active lifestyle.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships

Project period: 2015-2017

Grant amount: €396,924

Project Coordinator: German Gymnastics Federation (DTB) (Germany)

Website: <http://fitness-badge.eu/>

European network for promotion of women's sports

The Alice Milliat Foundation led the EU co-funded European Network for Promotion of Women's Sports project and as part of the project, the partners organised two activities for women under the EU's #BeActive European Week of Sport in 2016: the #BeActive Connected Run and the European Women's Sport Day (Alice Milliat Challenge). A knowledge platform dedicated to women in sport, in addition to these activation initiatives, ensures the project will continue to have an impact in the field of women in sport in years to come.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships

Project Coordinator: Alice Milliat Foundation (FAM) (France)

Project period: 2016-2018

Grant amount: €500,000

Knowledge platform: <http://womeninsport.isca.org/>

European School Sport Day

The Hungarian School Sport Federation has organised the Hungarian School Sport Day each year for a decade, moving almost 200,000 children in 2014 as a flagship MOVE Week event. With a Collaborative Partnership grant, it is now rolling out its school sport day to other European countries in an international consortium.

The European School Sport Day, as part of MOVE Week and the European Week of Sport, was tested in Bulgaria and Poland on 25 September (simultaneously with the event in Hungary), with more than 300 schools in Bulgaria and 157 schools in Poland adding to the 800 schools registered in Hungary.

The European School Sport Day project aims to connect Europe through school sport and to develop a methodological toolkit providing scientific background for school sport day events.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships (European Week of Sport)

Project Coordinator: Hungarian School Sport Federation, Hungary

Project period: 2015-2016

Grant amount: €238,675

European School Sport Day 2

The European School Sport Day® was selected as an official European Week of Sport event in 2016 and was the EU initiative's biggest event, moving approximately 1.5 million school children in 20 countries across in Europe on 30 September 2016. In 2015, the event was organised in three countries (Hungary, Bulgaria and Bulgaria) as an international pilot programme, and this year it expanded to Croatia, Cyprus, the Czech Republic, France, Germany, Ireland, Italy, Latvia, Lithuania, Malta, the Netherlands, Portugal, Romania, Serbia, Scotland, Spain and Turkey. ISCA was part of the first edition through an Erasmus+ Collaborative Partnership grant, and in 2016 it was also subcontracted for this project for the coordination and dissemination.

Project co-funded by: EU Erasmus+ Sport Not-for-Profit Events

Project coordinator: Hungarian School Sport Federation (Hungary)

Project period: 2016-2017

Grant amount: €183,936

Website: <http://essd.nowwemove.com/>

European Us Girls Project

Project leader StreetGames in the UK is leading a consortium that will create new training and learning resources adaptable to different national settings that can be rolled out Europe-wide – in particular, a new international course to train young women to be peer educators in grassroots sport. The project builds on StreetGames' successful national programme Us Girls. The experience in this project of creating a course could be useful to the partners of the HEPA Seniors project.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships

Project Coordinator: StreetGames (UK)

Project period: January 2017–December 2018

Grant amount: €384,561

European Week of Sport Toolbox

A practical 'toolbox' for EWoS organisers and participants at a local, national and EU level, including a marketing and promotional strategy for the effective implementation of the EWoS.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships (European Week of Sport)

Project Coordinator: TAFISA, Germany (Associated Partner)

Project period: 2015

Grant amount: €200,000

European Youth Health Champions

Today, there is a disperse evidence base within the EU of the impact of peer education on the health and physical activity levels among young people. Our project "European Youth Health Champions" will pull together evidence base and modernise youth work and training. Within two years, we aim to educate both the youth sector as well as the young people. The champions – young peer health educators – are both role models for other young people and grown-ups. Implementing healthy lifestyle in our everyday routines is a habit that should be developed as early as possible.

Project Coordinator: StreetGames (UK)

Project period: April 2017–March 2019

IMPALA-net Project

The main focus of the IMPALA-net project has been on the Implementation of the European Guidelines for Improving Infrastructures for Leisure-Time Physical Activity (IMPALA Guidelines) that were developed by the predecessor project IMPALA. IMPALA-net.org was established through the project to disseminate the IMPALA Guidelines across the EU. It supports authorities in selected countries in implementing the guidelines and monitoring their progress. It also provides expertise to relevant decision-makers at various levels on how to implement the guidelines and use them to improve the development of infrastructures to get more people physically active.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships

Project Coordinator: University of Erlangen Nurnberg, Germany

Project period: 2015-2016

Grant amount: €453,489

Website: <http://www.impala-net.org/project/overview/>

MOVE Transfer (Healthy Clubs)

Led by the Sports Union of Slovenia, this project will use the MOVE Transfer method developed by ISCA to transfer the Slovenian “Healthy Clubs” model to Bulgaria and Malta. The aim is to provide local communities in Slovenia, Bulgaria and Malta quality and accessible sport and physical activity programmes.

Project co-funded by: EU Erasmus+ Sport Small Collaborative Partnerships

Project Coordinator: Sports Union of Slovenia

Project period: 2017-2018

Grant amount: €59,628

Physical Activity Serving Society (PASS)

The Physical Activity Serving Society (PASS) project has now released the results of its review of physical activity research in Europe. Building on reports such as Designed to Move and ISCA and Cebur's ‘The Economic Cost of Physical Inactivity in Europe’, the PASS project's narrative review ‘The State of Physical Activity in Europe’ and supporting infographics are now available. The PASS project aims to offer alternative political and strategic actions relating to physical activity for 10,000 cross-sector stakeholders at the European level.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships

Project coordinator: Sport and Citizenship, France

Project period: February 2015–January 2017

Grant amount: €476,483

Website: <http://sportetcitoyennete.com/pass/>

Sport Club for Health

Promoting national implementation of Sport Club for Health (SCforH) programmes in EU member states. The project is based on the SCforH project (2009-2011), which was supported by the EU Preparatory Actions for Sport 2009.

Project co-funded by: EU Erasmus+ Sport Collaborative Partnerships

Project Coordinator: VALO, Finland (ISCA was Associated Partner)

Project period: 2015-2017

Grant amount: €490,967

Website: <https://www.scforh.info/>

Strategy to Action (S2A Sport)

The Strategy to Action (S2A Sport) project is using the Lifelong Learning Strategy for sport and active leisure, also known as the 7 Step Model, to define and specify the knowledge and skills sport

administrators need to perform effectively in their organisations. The partners are producing an adapted training programme handbook that will be piloted in the second part of the project.

Project co-funded by: KA2 – Cooperation for Innovation Strategic Partnership for Vocational Education and Training

Project Coordinator: EOSE (France)

Project period: September 2015 – February 2018

Website: <http://www.s2a-sport.eu/>