

Target group: Athletes

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EuroVolNet good examples



▶ Name of the organization	Akershus idrettskrets, Norway NIF, (The Norwegian Olympic and Paralympic Committee and Confederation of Sport)
▶ Name / Title of the example	The big weekend with various courses (Den Store Kurshelgen)
▶ Target group	<ul style="list-style-type: none"> - Organizational leaders and managers - Trainers/coaches - Event and activity supporters - Athletes
▶ Dimension	Education and training for the target group
▶ Objectives	<ul style="list-style-type: none"> - to inspire and motivate volunteers for action - to promote various activities that help volunteers implement action plan
▶ Project description	<p>Akershus idrettskrets vision is “sport / physical activity for all.” Main aim is to improve the clubs’ premises to conduct its business. To achieve this, Akershus idrettskrets provides them skills that enable them to perform specific tasks in the sports club. It is difficult to motivate volunteers to attend courses. They have simply no time. So in addition to evening courses in the middle of the week, now a grand seminar one weekend in mid-October is organized. Here a number of exciting topics are set up with known and prominent speakers. This seminar is a collaboration with several different sports. Main topics are nutrition, strength training, endurance training, inspiration, motivation, leadership, coaching, mental training, children’s sports, youth sports, etc. All have the time to set aside one weekend a year to refresh volunteers skills and to be inspired.</p>
▶ Period of implementation	Every year, one weekend in October
▶ Level of Activities	Regional
▶ Results Achieved	Each year Akershus idrettskrets gathers about 500 participants. They receive professional input, and are inspired and motivated. This causes an increase in the general course participation. And it brings more and better activities in the sports clubs.
▶ Contact details	<p>Name of the organization: Akershus idrettskrets Contact person: Kent Simonsen Email: kent.simonsen@idrettsforbundet.no</p>

