



**Sport and
Cultures in
Dialogue**



REPORT on Local Citizens Panel Macedonia 28. – 30.5.2010

With "Sport and Cultures in Dialogue" project ISCA (International Sport and Cultures Association), CESS (European Confederation sport and Health) and project partners organize and facilitate a direct and trans-national dialogue between citizens in existing EU member countries and in candidate/potential candidate countries in South East Europe - Croatia, Macedonia and Albania. The dialogue is focused on the role of sport in developing civil societies and is highlighted current strengths and weaknesses of sport and its organizations.



Local Citizens' Panel in Macedonia, 28. – 30.5.2010

Participants in the citizens' panel shared experiences on the role of sport and sport organisations in developing civil society and formulated input to the Sport Citizens' Forum in Ljubljana, Slovenia.

The main purpose was to facilitate a dialogue that is citizens-centred (taking Macedonia and sports organizations as starting points, but engaging citizens in their personal capacity), specific (relating to Macedonian particular situation) and culturally sensitive (acknowledging and working inside the vastly different starting points in terms of civil society concepts and development).

"With the support of the "Europe for Citizens" program of the European Union."



Education and Culture DG
'Europe for Citizens' Programme



The Panel was coordinated by ISCA and CESS and organized by one of Sport and Cultures in Dialogue project partner: **GARD, Citizens' Association for Recreational Movement**



The Panel participants were:

- persons represented the leadership or management level of the involved civil society organizations
- citizens who are active in civil society debate or organizations at the grass-root level,
- local authorities and organizations,
- citizens' groups,
- civil society organizations and non-governmental organizations,
- educational institutions (universities, institutes)
- organizations active in the field of voluntary work

Citizens Panel in Macedonia gave the opportunity:

- to increase knowledge and awareness of the societal role of sport and sport organizations, including the content of the White Paper on Sport,
- to train the civic competences such as openness and receptiveness towards other people's views and various methods of reaching decisions through deliberations, compromise and consensus,
- to meet other sports organisations and other institutional stakeholders in the field of sport and to strength intercultural competencies through the meeting.



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Report of proceedings, lessons learned and best practises presented during the events

1. Recommendations and Conclusions from the Local Citizens Panel in Albania

Artan Shyti, Director of Sport Research Institute Albania

Initiatives and future perspectives developed by participants:

- to make a strategy for long term process, to promote physical activity as a tool to improve personal health and lifestyle.
- to encourage interaction between citizens and civil society organizations from project partners countries to promote the right that each citizen can choose to practice in sport according to self motivation , preferences and possibilities.
- to maintain good connection with communities keeping their traditional sports and ethnic manifestation alive
- to further the efforts of our Associations in providing services for national organizations in the sport/health/health promotion activities we need partnerships with governments, schools, health sector, insurance companies, local authorities, medias, sport companies (Nike, Adidas).
- Through its role in formal and non-formal education, sport reinforces Europe's human capital. The values conveyed through sport help develop knowledge, motivation, skills and readiness for personal effort. Time spent in sport activities at school and at university produces health and education benefits which need to be enhanced. Non-formal education has to be official recognised by civil society and all authorities.
- to bring together people from local communities and project partner associations to share and exchange experiences, opinions and values, to learn from history and to build for the future. This is what we call non-formal education.
- by sport we enhance tolerance and mutual understanding between European citizens respecting and promoting cultural and linguistic diversity, while contributing to intercultural dialogue
- sport is a tool for integration of disable people in "healthy" civil society and our associations are possibilities for them and for us for social inclusion integration and equal opportunities



2. Introduction to the Europe for Citizens Program or How can we increase knowledge and awareness of the societal role of sport and sport organizations?, by Erwan Fouéré, EU Special Representative for the Former Yugoslav Republic of Macedonia

The Citizens Panel in Macedonia has the specific objectives, which should be implemented on local and national level:

- bringing together people from local communities and project partner associations to share and exchange experiences, opinions and values, to learn from history and to build for the future;
- fostering action, debate and reflection related to European citizenship and democracy, shared values, common history and culture through cooperation within civil society organizations on local, national and international level;
- bringing Europe closer to Macedonian citizens by promoting Europe's values and achievements, while preserving the memory of its past;



- encouraging interaction between citizens and civil society organizations from project partners countries, contributing to intercultural dialogue;
- Citizens have very important role in protecting natural environment trough sport and with sport;
- We build bridges between Macedonian, Albania, Greek, Serbian and Kosovo`citizens to develop healthy society. It is good to see that European citizens come in Macedonia to help, to make changes and to work with individuals in Macedonia;
- Only together trough this kind of projects as "Sport and Cultures in Dialogue" is, we can promote a power of civil society and promote the dialogue between sport, culture, nature, environment and economy for development of individuals in Macedonia and across Europe.
- Local Citizens Panel has to inform "Agency of Sport and Youth" in Macedonia what local and national civil society Associations can do.

3. Group discussion 1: Europe for Citizens program

Main chosen themes based on Erwan Fouéré presentation :

- communication
- education
- intercultural dialogue

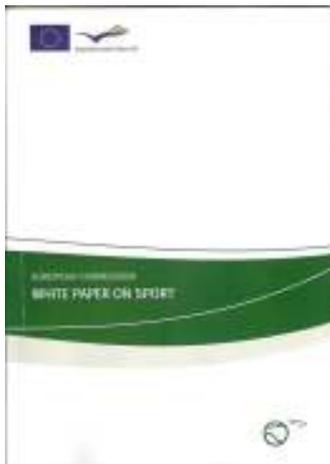
- Local citizens Panel participants are encouraging interaction between citizens and civil society organisations from all participating countries, contributing to intercultural dialogue and bringing together sport and culture. It is a need to develop special communication tools to develop closer interaction between citizens from Member States of the European Union as macedonian individuals.
- Our vision of the future of our cooperation is linked to sport for all and culture. This priority includes dialogue and actions related to basic values such as human rights, tolerance, solidarity and equality.
- The concept of Local Citizens Panel lies at the heart of »Sport for all«. There is a need for development of tools and models adapted to citizens' active participation in the construction of Europe at all levels.
- Promoting participation of each citizen in intercultural dialogue through the structured cooperation with civil society is fundamental to creating a »Healthy Europe« and »Healthy Identity » as the value of belonging to a community. Macedonian people are striving for the »Healthy Indentity«.
- The Local Citizens Panel provides important opportunities for citizens to acquire skills and competences, through informal and non-formal learning. The Panel gives a positive attitude towards different cultures and societies and respect diversity and cultural differences.
- Panel participants suggest to develop next Panel with the topic »National strategy on sport, cultures and healthy lifestyle« which will show good examples from European countries and project partners associations. The Europe for Citizens Programme could encourage actions as follow up dealing with mentioned issues, giving a European perspective to people's everyday life experience and demonstrating how we can improve our wellbeing in an evolving environment.
- The Panel brings Europe closer to its citizens. A very important aspect is to raise citizens' awareness of the results achieved through European, national and local policies and actions in various policy fields. Thats why it is important to encourage actions which provide citizens with opportunities to recognize and debate different policies strategy on European level and to have the access to the national stakeholders.
- Volunteering is an essential element in active citizenship. Sport for all Associations are giving good examles of volunteers service in local and national community and play an active role in



society. We develop the sense of belonging to a community thereby also gaining ownership. In Macedonia we need to develop national value of the volunteering and to develop citizens' commitment to volunteering, starting by education kids in schools and students on the Universities.

- Sport for all and Local Panels bring different nationalities and different languages together and give the opportunity to participants to participate in common activities, in spite of languages barriers. Participation in such a project should raise awareness on the richness of the cultural and linguistic environment in Europe.

4. Presentation on the EU White paper on sport or "What is the future perspective?" by Mogens Kirkeby, ISCA President



The White Paper on Sport define sport as "all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels".

"White paper on sport" shows a progress in Europe in "our" sport field. It is a report, evidence, it brings concrete words and topics which all show how sport has to be develop in Europe.

White Paper on Sport focus on:

- *Societal role of sport*
- *Economic role of sport*
- *Organisation of sport*

The "societal role of sport" reflects the significance of sport as a social phenomenon

- Enhancing public health through physical activity
- Fight against doping
- Enhancing the role of sport in education and training.
- Promoting volunteering
- Using the potential of sport for social inclusion, integration and equal opportunities
- The environmental challenge



Sport became one of the European Union's supporting, coordinating and supplementing competences with the **ratification of the Lisbon Treaty in late 2009**, setting in motion a process whereby individual Member States will be encouraged to implement evidence-based policies in order to improve their provision of sporting facilities and opportunities. This means that for the first time the EU is actively aiming to promote sport and physical activity at the policy level – not only with a view to improving health and physical wellbeing across the EU, but also to enhance the role that sport can play in boosting social cohesion and for its educational value.

This Eurobarometer survey was commissioned by the European Commission's Directorate General for Education and Culture (DG EAC). **26,788 European citizens** were interviewed by the TNS Opinion & Social network **between 2 October and 19 October 2009** in the 27 European Union Member States¹.

It highlights which Member States' citizens do the most (and the least) physical activity, for example, whether they play formal sports or are active in other, more informal ways. It also reveals how EU

citizens perceive the opportunities to engage in sporting activity in their areas, as well as how many people volunteer to help run sporting activities in their communities and how much time they spend on such activities.

The main findings of this Eurobarometer survey on sport are the following:

- 40% of EU citizens say that they play sport at least once a week
- A clear majority of EU citizens (65%) get some form of physical exercise at least once a week. However, 34% of respondents say that they seldom or never do physical exercise.
- Men in the EU play more sports than women overall. However, the disparity is particularly marked in the 15-24 age group, with young men tending to exercise considerably more than young women.
- The amount of sport that people play tends to decrease uniformly with age. However, 22% respondents in the 70+ age group still play sports.
- The citizens of the Nordic countries and the Netherlands, generally speaking, are the most physically active in the EU. Meanwhile, the citizens of Mediterranean countries and the 12 new Member States⁴ tend to exercise less than average.
- While physical activity takes place in a wide range of formal settings across the EU, two-thirds of respondents are not members of any sports clubs or centres.
- The most common reason that respondents cite for why they exercise is to improve their health. Other popular reasons include improving fitness, relaxation and having fun.
- A shortage of time is by far the commonest reason cited for why people fail to exercise.
- Three quarters of respondents agree that they have opportunities to be physically active in their area. However, this falls to 56% among respondents from the 12 new Member States.
- A significant proportion of Europeans (7%) say they volunteer to help local sports projects.

What are the next steps:

- Open consultation – the European Commission listen to citizens.
- Public Hearing in the European Parliament 29 June
- Evaluation of European project 2009-2011
- 2011 European Year of Volunteering
- First European Sports program 2012-2013
- 2nd European Sport program 2014-2020

Our task is to make the “Voice of grass-root sport and physical activity heard”!

White paper on sport can be found here: http://ec.europa.eu/sport/white-paper/index_en.htm

Eurobarometer Special Survey on “Sport and Physical Activity can be found here: http://ec.europa.eu/public_opinion/archives/eb_special_en.htm

5. Group discussion 2 on White paper on sport

Framework for group discussion on White paper on sport:

- By promoting the physical and sports activities, we develop the taste and culture of a balanced practice through physical pleasure. What is the situation on the national level? What good practice we know? What is the future perspective? Who are our co-partners in development of promotion of sport and physical activity for all generations?
- What partnerships/activities do you feel are necessary within your national project/country that would help further the efforts of your Association in providing increased and more comprehensive services for national organizations in the Health/health promotion activities?
- Within your specific national project and geographic location (country), what are the most important issues for Physical Activity in Europe to address in order to better the health status, health promotion and sport/health activities?
- Through its role in formal and non-formal education, sport reinforces Europe's human capital. The values conveyed through sport help develop knowledge, motivation, skills and readiness for personal effort. Time spent in sport activities at school and at university produces health and education benefits which need to be enhanced. What is the status on non-formal education in your country and in your Association?
- Volunteering in sport organisations provides many occasions for non-formal education which need to be recognised and enhanced. Sport also provides active possibilities for young people's engagement and involvement in society and may have a beneficial effect in helping people steer away from delinquency. How does your Association promote volunteering and active citizenship through sport?
- Sport can also facilitate the integration into society of migrants and persons of foreign origin as well as support inter-cultural dialogue. How does your Association and your national government use potential of sport for social inclusion, integration and equal opportunities?



Initiatives and future perspectives developed by participants:

- We have to develop importance of sport for all in civil society and its power in social integration. By being active and "loud" we can show to all governments what "intercultural dialogue" is.
- we will build partnership with media for national campaigns on sport for all and its value.
- professional athlete can be "ambassadors" of physical activity and can have special role in developing the value of sport.
- to develop partnership with different "actors": insurance companies, medical institutions, schools, to raise importance of healthy lifestyle through physical activity.
- Non-formal education (NFE) is a lifelong learning process and is essential in our life education. NFE is part of "sport for all" life. Participants suggest to prepare a common strategy on NFE in Europe which can show the value of the NFE and strategy for development of NFE.
- Volunteering provides many occasions for non-formal education which need to be recognised and enhanced. Sport also provides attractive possibilities for young people's engagement and

involvement in society and may have a beneficial effect in helping people steer away from delinquency.

- Panel participants will encourage young people's volunteering in sport through the local, national and international activities such as youth exchanges and voluntary service for sporting events.
- It is important to stress that by sport we enhance tolerance and mutual understanding between European citizens respecting and promoting cultural and linguistic diversity, while contributing to intercultural dialogue.
- we have to show evidences of social role of sport and sport organizations by involvement of local community , local authorities (local decision makers like mayors), ministries, institutions like universities.
- we need to exchange good examples from developed societies, organizations.
- None of the responsible Sport authorities in Macedonia either in central or local government has the national strategy on sport. The lack of cooperation between NGOs and GOs in the field of sport makes impossible to have a clear strategy for promoting sport and as well legislation needs further improvement for encouraging development of sport. The improvement of legislation are necessary especially to encourage private sector for increasing their support toward sport activities in Macedonia.
- Participants suggest to develop "Institutional network" in SEE as well as website to ensure regular cooperation, network among project partners, among Associations and to have open dialogue with GOs.

6. "Role of national authorities in sport for all promotion", by Stjepan Heimer, President of Croatian Sport Medicine Society

- Health is largely determined by factors outside of the domain of health care
- Everyday environments and settings influence population health
- Many government policies have potential impact on health
- Coherent action to improve health is needed in decisions in different sectors
- Often little or no additional investment is needed

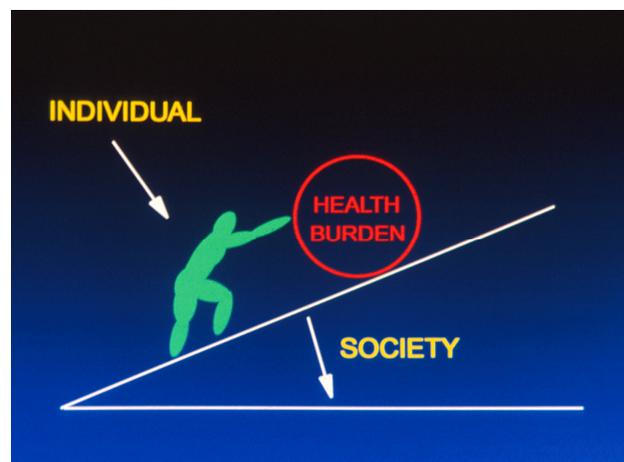
Health service activity in the field of HEPA (Health Enhancing Physical Activity) is not related merely to the physician's individual influence, as well as the health service activity is not only the physician's activity in a medical clinic or in a hospital.

Health service is much broader term embracing state administration, institutes of public health, medical centers, polyclinics, hospitals, institutes and the systems of state and private insurance.

HEPA promotion requests the inter-disciplinary approach, organization, educated personnel, facilities, equipment as well as political, social and financial support.

Therefore in planning and implementing of HEPA it is essential to function in teamwork and coordinated.

Physical activity promotion must be integrated in national health policy as an important part of interdepartmental public health action of state policy.



Different policy areas:

- Food and nutrition
- Agriculture
- Transportation
- Education & youth
- Alcohol
- Sports
- Worksite

Other issues:

- EU level vs. national policies
- Solving health inequalities

Ministry of health and social care should have the leading role in creating of national and political awareness and in encouraging common complementary activities of several ministries.

In accordance with the experience of several European countries in planning and implementing HEPA Action plans, a cooperation and responsibility distribution among following ministries is to be foreseen:

- Ministry of health and social care
- Ministry of science, education and sport
- Ministry of economy, labour and entrepreneurship
- Ministry of family, defenders and intergeneration solidarity
- Ministry of justice
- Ministry of culture
- Ministry of environmental protection, physical planning and construction
- Ministry of agriculture, forestry and water manage
- Ministry of the sea, tourism, transport and development
- State, county and municipal institutes of public health

In drafting and implementation of Action plan, relevant experts should be involved, like scientists from faculties of physical education and eminent professionals from NGOs:

- „Sport for all“
- League against obesity,
- League for cardio-vascular protection
- National occupational and sport medicine society

WHO Benefits?

- **PEOPLE**
- **COMPANIES**
- **HEALTH SERVICES**
- **SOCIETY**



7. Group discussion 3 according to various social roles of sport

Discussed topics:

- **HEPA programs: health and physical activity national promotion**
- **education and training**
- **volunteering**
- **social inclusion and sustainable development**

HEPA 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.

HEPA implementation in Macedonia:

- Encourage the ongoing exchange, dissemination and sharing of experience and knowledge.
- Support of cooperation, partnerships and collaboration with other related sectors, networks, and approaches.
- Develop strategy for working ability - through better health.
- Consider Children, youths and sport as a special group in developing the national strategy
- Arising the knowledge regarding the necessity of sport and health way of life.
- Promotion of sport for all - the way of influence for mass popularization, to pay attention for sport activities .



Education and training

Target group from 7 – 77

Plans:

- action's plans
- working teams
- timing plan
- evaluation

Methods and techniques:

1. Instructor's presentation
Long-term education and training of instructors and teachers
(Example: for young children - education through play)
Individual ADN collective methods
2. Organizing sport events:
Juniors
"Cadets"
Youth (till 19 years old)
Seniors
and the rest till 77 – retired persons

VOLUNTEERING

In Macedonia, the term "volunteering" it's not quite understandable. We should educate people and develop common plans for:

1. promote meaning of term "volunteering"
2. build the LAW for volunteering
3. show and promote initiative – to start volunteering
4. to exchange best practices and showcases from other countries

SOCIAL INCLUSION AND SUSTAINABLE DEVELOPMENT

- Social inclusion of people with disabilities in every part of massive sport
- Social inclusion and integration of migrant and persons of foreign origin support inter – cultural dialogue (a lot of examples showed that when this people are include in sport's activities they are relaxed, they learn foreign language and foreign culture)
- Important use of same opportunities generated from the sport for integration and knowledge of the people in internal state migration
- Give possibility to do sport activities in to people penitentiaries
- Using sport as tool for education for people, especially children, with problematic behaviour
- Using sport and games of other countries to discuss with children about the differences between those and games they know, using the game to talk about cultural differences

Initiatives and future perspectives developed by Association of Macedonian Sport Federations and Aeronautical Union Macedonia:

A more appropriate awareness of the benefits derived from exercising physical activities, and the motto "Sport for all" were believed to be the core of the action that the State should initiate. A healthier population is also an indicator of good welfare and up-to standard policies aiming at such result.



Those are important aspects, things which need to be accompanied by good cooperation between the various stakeholders and a sharing of the vision set out by the motto. Implementation of initiatives and activities shall see the participation of all levels of the society, from a National perspective throughout the need of local communities.

Institutions at central level (such as the health department) shall support this challenge by running campaigns on sport and sport awareness, with the proper contribution and involvement of other relevant institutions and local authorities.

There are important "extra-benefits" related to sport-oriented policies, such as :

- ✓ economical nature (a healthier population bring less health-care expenses)
- ✓ social nature
- ✓ general welfare of the public

A better oriented set of policies and more adequate governance in the sport area (including education) needs to be formulated. The Civil Society should accompany this modernization and amelioration ensuring oversight of the various implementations, also through "watchdog" functions.

Communication, coordination, participation and good policies: this combination of efforts will certainly result in more interesting opportunities and a better approximation to EU models, thus providing good inspirations to our Country and all relevant players, institutional and from the public.

Panel Summary Conclusions, prepared by participants on the Local Citizens Panel in Skopje, 28. – 30.5.2010:

- Panel recommends strengthening the cooperation between the health, education and sport sectors to be promoted at local and at national level in order to define and implement national strategy, to reduce obesity and other health risks. In this context, the Associations participating on the Panel suggest the examination of how to promote the concept of active living through the national education and training systems, through cross-sectoral cooperation and through strengthening the cooperation among participating Associations.

- Panel reaffirms the value of cooperation between Sport for All Associations, of cross border and regional exchanges and inspiration in order to increase capacity to develop health promotion and prevention activities, as well as goal-orientated, health enhancing, physical exercise programmes.

- Panel recommends the exchanges of practice, in particular to relation to health, health promotion, physical activity promotion and in young people, with a focus on the grassroots level.

- Panel recommends to develop relationship between the Sport for All sector and media (television, newspapers, radio) in order to support the right to information and wide access for citizens to broadcasts of Sport for All events, promotion of health and volunteering.

- Associations participating on the Panel suggest to develop the quality systems (management) for sport for all clubs/societies at national levels as a tool for promoting good governance in sport for all. With Quality Management of Physical Activity programs and Healthy Exercise programs, the associations and clubs are able to document to the public and stakeholders that their offer of Physical Activity programs and Healthy Exercise programs are of high quality. This unique value of the Sport for All organisations is ready to be utilised further and enriched through quality programmes and activities.

- The "Agency of Youth and Sport" has to play a role in encouraging the sharing of best practice in Sport for All governance in Macedonia. It can also help to develop a common set of principles for good governance in sport for all and youth activities, such as transparency, democracy, accountability and representation of stakeholders (associations, federations, players, clubs, leagues, supporters, etc.). Panel will send a special letter to Macedonian Agency for Youth and Sport and to Director of Youth and Sport, Council of Europe. Letter will have special note "Congratulations to the Former Yugoslavian Republic of Macedonia with its chairmanship of the Council of Europe".

- The practice of sport, sport facilities and sport events all have a significant impact on the environment. Macedonian Sport for All and youth organisations and sport event organisers should adopt environmental objectives in order to make their activities environmentally sustainable.

- Through its role in formal and non-formal education, sport reinforces Europe's human capital. The values conveyed through sport help develop knowledge, motivation, skills and readiness for personal effort. Time spent in sport activities at school and at university produces health and education benefits which need to be enhanced.

Extra agenda activity

Over the course of the Panel in Skopje participant and local authorities were "interviewed" by ISCA staff on best practise examples of their work and for getting more details for the report.

In this report we present one of them, with Borce Boev, Secretary General of the Association of Macedonian Sport Federations

1. What is the meaning of sport to you?

Sport is usually defined as **an organised, a competitive and a skillful physical activity** which asks for devotion and fair play. All of this is regulated by rules or customs. The physical activity includes movement of people and/or different objects – sport's equipment. At the same time, sport includes non-competitive activities, like: jogging, running, exercising, swimming, ... which are usually classified as **recreation**. It means using of time designed as **a physical, health and mental refreshment of the human body**.

Many sports' authorities say that sport is **a social-cultural system** which has a high level of development in different segments of its action. In the first decades of the 21st century, **in symbiosis with tourism and show business, sport**, especially **the group sports**, like football, basketball, hockey, volley ball, baseball, even tennis and athletics will reach the top of the most attractive sectors in the world socio-economic sphere.

Sport occupies the modern human being by attracting his attention in his working and free time.

These facts raise sport to the highest levels in the modern world civilisation.

These arguments seen from a social and socio-cultural point of view represent the central knowledge of sport to me.

2. What would you do if the European Commission offers you a grant of 300.000 € for the initiative?



According to the socio-economic and social predictions, sport and the sport's culture in Republic of Macedonia would have a fast and **qualitative development** especially **the mass sport which is set in the civil sector**. Knowing that the quantity makes quality, a strategic decision is imposed, to raise **the sport's spirit** in all levels of our social environment. This means **a strong promotion, education, motivation and media information** of the sport events to the population, regardless the faith, ethnicity, profession or age. The aim is to make the sport's spirit strong, to make

people close, and to raise the level of the people's consciousness, to develop the dialogue between people and their integration in a modern European society.

The offer for a grant from the European Commission would present projected activities, action plans of realisation would be made, a team would be gathered, a design and a way of realisation would be made and a budget and a time plan would be made. An initiative like this asks for a good marketing, management and involvement of a wide range of population, in the urban areas and as well as in the rural areas.

Promotional activities: a campaign for strengthening of the capacities and raising the level of the sport's spirit, developing and promotion of the sport's culture and organising of sports and sport-cultural events focusing on making a climate for building of good civil relationships, showing the multicultural as a quality not as a destructive element in a society. Organising and realisation of a media campaign, presence of electronic and printed media and preparation of sport and cultural materials, etc.

Educational activities: in the last decade, the informal education has a strong influence in the educational system in the Republic of Macedonia. We would organise presentations, seminars, trainings, workshops, panels and round tables on this topic. We would organise this in many units and

centres of the local government, including the governmental and non-governmental sector and representatives of governmental structures. Eminent local and foreign experts would be trainers.

3. How would your volunteer work have an influence in your society?

The global and social situation of the Macedonian population and the high percentage of unemployment, the volunteering stagnate or it just has an incident raise. Because of this, the volunteering activities and their influence have very minimal results. The sport public is very worried about this situation. In the next period of time, we should seriously focus on stronger support on volunteering and voluntary organisations. We would revive the old and build new infrastructural organisational forms of voluntary activities. We would attract the sport fans, sport enthusiasts and sport sympathizers.

4. Having into consideration that 2011 is the year of volunteering, how would you use your voluntary work into further development of your society?

Having into consideration that 2011 is the year of volunteering, I would use my voluntary work for the further development of my personal plan and the plan of the environment where I live. It is estimated that 20 – 30 % of the population in EU are volunteers. They give a significant voluntary contribution for some organisations, individuals or groups. The pace of development is very slow in Republic of Macedonia while the capacity of the voluntary work in EU is increased. This progress is due to the increasing of the personal influence and involving in the life of the community. It also represents a potential for personal development of the volunteer and contribution to the society. 2011 as the year of volunteering, I would use it as promotion of volunteering or the interest in voluntary work, because it reflects directly in many changes in our society, like:

- releasing of the government or the local authorities in intervention in great number of areas, especially in the sport-recreational sector and cultural sector;
- reducing of the financing of certain activities;
- increasing of new activities;
- increasing of volunteers (young and early retired people);
- increasing of the wish to be at service of the society outside of the working place;
- the need to feel personal value;
- the society to benefit from our voluntary work;
- reducing of the unemployed;
- concentrating of the personal development of young people;
- the wish to create permanent values;

All these factors are reason for significant increasing of the devotion for volunteering in the Republic of Macedonia, and strengthening of its role in our society. The support and training of volunteers are of significant meaning. In this way, the enthusiasm and interest would be made strong and would continue where it exists. Even, new people would be engaged who were not engaged before. As an example, I would like to emphasise the voluntary work in Great Britain where over 1.500.000 volunteers are included in different sport activities and they work 2, 5 hours a week of voluntary work.





Statements of the Panel participants

Goce Ilievski, GARD, Citizens' Association for Recreational Movement

»The Panel brings Europe closer to its citizens. A very important aspect is to raise citizens' awareness of the results achieved through European, national and local policies and actions in various policy fields. That's why it is important to encourage actions which provide citizens with opportunities to recognize and debate different policies strategy on European level and to have the access to the national stakeholders. »

Joze Klofutar, Sports Union of Slovenia

"It was a wonderful experience for me to participate on the Panel in Skopje, to share our experience in developing the citizenship from Slovenia. We all have different background, different history and national identity, but we all speak same language: language of sport and voluntarism."

Alin Larion, Romanian Sport for All Federation

"Panel was good example for showing differing views regarding the organization of sport for all in South East Europe. We have to realize the important role that have embedded in European Union countries and particularly the main factor that they may have in terms of shaping the most important ways in the future evolution of countries that can integrate. ISCA has an important role in development and improvement of capabilities that can include sport for all in participating countries, in development of methods and measures in short and medium term what can be developed only through strategic partnerships that ISCA can offer. Panel has gave us introduction trough the latest information regarding institutional development, management and marketing of the sport for all in participating countries, what became a priority not only in statements but in terms of media management and control authorities.

We learned a lot about Macedonia and about the history of this young country, things that will be used for strategic partnership and friendship which can be developed between those who were participated in this Panel and for the next inclusion of the new countries in the EU. "

Artan Shyti, Director of Sport Research Institute Albania

"Our goal is to work for democracy through sport. If we build democracy trough sport we develop or country. If we work alone, we will never achieve results we want. It is important how our organizations are functioning in order to build democracy system. In sport you learn how to win and how to loose, you learn to obey the rules and you learn how to work in a team."

Goran Nikovski, Faculty of Sport, Skopje

"Civil society plays a key role in the EU process of South East Europe with Croatia and Macedonia as candidate countries and Albania, Bosnia and Herzegovina, Montenegro, Serbia and Kosovo as potential candidate countries. We already had one Panel 2 weeks ago in Albania, now in Skopje and the next one will be in Zagreb in the beginning of October. All Panels have the same working style, same framework with a special note from the national culture. What are our future perspectives, what is the story of our future cooperation? The future is to work together, to share ideas, knowledge and making friendships."

Plamen Georgiev, BYPF, Bulgaria: " During the Panel days the host organization GARD ensured the views of organized forms of physical activity in Macedonia through its activities in various sport associations. On the other hand ISCA presented its experience in sport by its representative from EU countries. Both introductions of ISCA and of GARD made a platform for dialogue and exchanges between citizens on the role of sport and sport organizations .This will strength the integration of citizens of current EU countries and potential candidate to interact and discuss an issue which is directly related to its civil society in South East Europe. And this issue is the lack of sport activities and movements among the citizens of Europe. These facts proof the actuality and advantage of the whole project."

International Associations participated on the Panel in Skopje:

International Sport and Culture Association (ISCA)
Danish Gymnastic and Sports Association (DGI)
Italian Sport for All Association (UISP)
Romanian Sport for All Federation (FRSpT)
Bulgarian Young People Federation (BYPF)
Croatian Medical Association, Croatian Sports Medicine Society
Sport Union of Slovenia (SUS)
Sport Research Institute Albania

National / Local Associations participating on the Panel:

GARD, Citizens' Association for Recreational Movement
Gymnastic Federation Macedonia
Aikido Federation Macedonia
Association of Macedonian Sport Federations
Aeronautical Union Macedonia
Kayak Federation Macedonia
AKUD Karsijaka
Federation of Seniors Macedonia
Macedonian Olympic Committee
Municipality Staro Nagoricane
Youth parlamen
Paralympic Association Macedonia
Municipality Kocani
Mountaineering Federation Macedonia
Faculty of Sport, Skopje
Balkanija Macedonia
Cultural Network Macedonia
NGO Malesevska Alternative
Women Union Macedonia
SONT, Skopje
Mountaineering Club Kriva Palanka
Music Academy



Education and Culture DG

'Europe for Citizens' Programme

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