



#61 FIND AND PRACTICE THE SPORTS WHICH FIT YOU THE BEST

Developed by: Erasmus+ project – European Commission
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<http://ec.europa.eu/programmes/erasmus-plus/projects/eplus-project-details-page/?nodeRef=workspace://SpacesStore/2f85b20e-b20d-4876-813e-e2e017784068>

Synthesis of the case study

The project “Find and practice the sports which fit you best!” is the result of the correlation between Arad’s strategic objectives in the areas Youth and Sport with the priorities and the objectives of the Erasmus+ program, as other EU initiatives in these areas. Over 22 months, the project was divided to two stages: from December 2014 to August 2015 and from September 2015 to May 2016. Including five EVS volunteers in each stage, the project covered topics such as “Sport for All”; “Healthy lifestyle”; “Improving ICT Intake of the Youngsters”.

Context and approach

The idea of this project started as a result of the lack of local volunteers that the organization needed in order to conduct the various sport events that could be organized. Therefore, using volunteers between ages 17–30, the organization wanted to include someone that would be interested in the following: desire for involvement, responsibility, willingness to learn a new language and culture, and high motivation to bring their input in the improvement of the sport community in the city of Arad.

Objectives / Challenges

The objectives of the project were the following:

- gathering, during the project, materials regarding at least 30 opportunities to practice sport in Arad;
- creating a website that would promote the opportunities to practice sport in Arad;
- testing at least thirty ways to spend free time through playing sports;
- creating short movies that would feature various opportunities to practice sports in Arad and promoting them, also including the topic of gender equality in sports;
- recruiting at least hundred local volunteers who would want to engage in sport activities;
- creating an information campaign that would focus on the importance of gender equality in sport.

Target

Young volunteers.

The deliverable (What did they do specifically?)

The activities of the EVS volunteers were the following:

- selecting ten additional local volunteers or local multipliers that could help with achieving the project’s objectives;
- carrying out a research on similar initiatives from where useful data can be collected and creating a map of the sport activities from Arad;
- updating the website dedicated to the sport activities from Arad and looking for the main qualifications in sports and related courses available in Arad; discovering and listing locations related to sports infrastructure of Arad and the main sport events from Arad and creating a calendar in which they are included;
- gathering statistics regarding the number of persons from Arad who practice sport and creating a centralized database with the number of people from Arad who are members of a professional or amateur sport club;
- creating an information campaign regarding the importance of gender equality in sport and making some short movies destined to promote sport in Arad, and the importance of gender equality in sport.

Key learnings / Questions to think about

The impact that is produced by the conduct of this project was a vital aspect that is in the attention of the coordinating team of the project. The project wanted to promote a pro-active attitude, sense of belonging to the European family, and to increase their chances of finding a job and to encourage them to adopt a healthy lifestyle. Possible long-term benefits of the project „Find and practice the sports which fit you the best!” were found: the personal and professional development of the actors; reducing the risk that young people are addicted to welfare or unemployed; improving gender equality in sport; adopting a healthy lifestyle both the actors and the youth in general; combat sedentary lifestyle and obesity problems, and creating for the youngsters a web portal destined to alternative healthy ways to spend your free time.

Contact information

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