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Erasmus+ Programme
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Active in Sport Again!

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SUMMARY

The project **Active in Sport Again!** aims to encourage social inclusion of former elite athletes by organizing non formal workshops and recreational sport activities in order to increase their capacity and support their reactivation in sport and everyday life. The specific objectives of the action are:

- raising awareness on the status and importance of social inclusion of former elite athletes
- raising awareness on the importance of organizing recreational sport activities for former athletes in order to increase and/or improve their psychophysical condition that will benefit to their physical and mental health and quality of life
- building the capacity of former elite athletes on how to face their post-sport career challenges
- Systematically collecting and recording the best practice cases and experts recommendations, programs in the field of mobilizing and motivating the former elite athletes to recreational sport activities, in order to develop “Active in Sport Again Manual”

Within the project activities the focus will be on both

- a) the exchange of information and good practices in social inclusion of former elite athletes and
- b) the development of new recreational sports programs for former/retired athletes.

It will result in publishing of the “Active in Sport Again Manual” consisting of best practices, presentations/recommendations of all involved experts as well as developed recreational sports programs for retired athletes. The project duration is 18 months with involved in 3 partners from 3 different European countries: Croatia, Bulgaria and Slovenia.

BUDGET: 53.250 eura

The project **Active in Sport Again!** aims to encourage social inclusion of former elite athletes by organizing non formal workshops and recreational sport activities in order to increase their capacity and support their reactivation in sport and everyday life.

THE SPECIFIC OBJECTIVES OF THE ACTION ARE:

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- Systematically collecting and recording the best practice cases and experts recommendations, programs in the field of mobilizing and motivating the former elite athletes to recreational sport activities, in order to develop “Active in Sport Again Manual”

COORDINATOR:

DRUŠTVO SPORTAŠA VETERANA I REKREATIVACA (DSVR)

DSVR is an association that embraces 200 members, which are current and former top athletes and recreational athletes from more than 30 sports with over 300 Olympic, World and European medals.

DSVR established its Foundation in 2014 with the purpose of caring for older athletes, for providing them financial assistance, participation in the cost of medical assistance and the provision of assistance for rehabilitation purposes of injured former athletes and their care. DSVR has been established for improving the quality of preparation and implementation of projects and programs in the field of sports, health, culture and economy, but also in the purpose of socializing and sharing experiences among members. The main goal of DSVR is improving and preserving grassroots and professional sports at local, national and international level. The emphasis of all DSVR activities is raising awareness of the importance of sports activities for children and youth in order to improve their social, physical and health status.

PARTNERS:

SLOVENIA: SPORTS FEDERATION OF AJDOVŠČINA (SFoA)

The Sports Federation of Ajdovščina is the main NGO sport organization in the Municipality of Ajdovščina. It operates on the principle of volunteering, autonomy and non-profit association of individuals and sports clubs. They merge together for common interests for help and shape the foundations and the organization of sport. The Sports Association Ajdovščina is also a member of the Slovenian Olympic Committee.

The sports association works closely with the Institute of Sport in Ajdovščina which performs key tasks for the work for the sports federation (professional staff, provision of space-office and other material costs). Both of which care for the development of sport within the municipality, maintenance of sports infrastructure as a basic condition for the implementation of any sporting activity, as well as the offer or implementation of various sports and recreational programs. Some projects of sports federation Ajdovščina include training in the management of sports organizations. It working to ensure co-financing of mainly professional staff in the sports clubs in community. As regards cooperation with professional staff . we are working on developing additional programs and contents that are crucial for working with young people. In this way, they try to upgrade the content and knowledge of professional staff to work with young people.

BULGARIA: BULGARIAN SPORTS DEVELOPMENT ASSOCIATION (BSDA), (www.bulsport.bg) was founded in 2010 and is non-profit public benefit organization devoted to the development of Bulgarian sport and improvement of sport culture in Bulgaria. Employees are young, creative and full of innovative spirit devoted to the development of Bulgarian sport and the enhancement of the sport culture in Bulgaria. BSDA membership is voluntary and open to all physical or legal willing to contribute sport development with time, ideas, effort or financial support. The team of the organization consists of professionals from different fields: sport experts, media specialists, tourism and hospitality managers and employees, experts from the field of education, marketing and others. The team believes that sports should be part of life of children and young people and should create motivation, discipline and fair play in other aspects of life. Some of the organization's goals are: sustainable development of physical education and sport in Bulgaria, improvement of health, physical condition and sport culture of the nation, dealing with youth problems , protection of children, youth, professional athletes, coaches, sport figures and sport organization, development of prevention through sport. The organization employs 13 experts and 30 volunteers.

- the involvement of at least one local or regional sport club.

RK LOKOMOTIVA ZAGREB is a women's handball club from Zagreb founded on February 1, 1949. With Podravka from Koprivnica, it is one of the two most successful clubs in the Croatian women's handball league. Club was founded in order to develop and promote women's handball in the City of Zagreb. Main activities of the club: conducting sports training; organizing and conducting regular training sessions; preparation AND participation in sports competitions; conducting sports teaching of children and youth; taking measures and creating conditions for improving professional work; health care of athletes; adoption of ethical values through sport; education and training of own professional staff; co-operation with the media for the purpose of high-quality public information regarding the activities of the Club. Former members of the club (elite athletes) are now members of the club board but as well members of The Association of the Retired Athletes and Recreationists.

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SUMMARY

The project **Active in Sport Again!** aims to encourage social inclusion of former elite athletes by organizing non formal workshops and recreational sport activities in order to increase their capacity and support their reactivation in sport and everyday life. The specific objectives of the action are: • raising awareness on the status and importance of social inclusion of former elite athletes • raising awareness on the importance of organizing recreational sport activities for former athletes in order to increase and/or improve their psychophysical condition that will benefit to their physical and mental health and quality of life • building the capacity of former elite athletes on how to face their post-sport career challenges • Systematically collecting and recording the best practice cases and experts recommendations, programs in the field of mobilizing and motivating the former elite athletes to recreational sport activities, in order to develop “Active in Sport Again Manual” Within the project activities the focus will be on both a) the exchange of information and good practices in social inclusion of former elite athletes and b) the development of new recreational sports programs for former/retired athletes. It will result in publishing of the “Active in Sport Again Manual” consisting of best practices, presentations/recommendations of all involved experts as well as developed recreational sports programs for retired athletes. The project duration is 18 months with involved in 3 partners from 3 different European countries: Croatia, Bulgaria and Slovenia.

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