



SWUP

SPORT FOR WOMEN IN URBAN PLACES



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FIRST MULTIPLIER EVENT: SPORTS AS A TOOL FOR FEMALE SOCIAL INCLUSION

On June 21st, SW-UP partners and local stakeholders in the field of sport gathered for the first multiplier event which took place in Bassano del Grappa, Italy. 40 local participants and 20 international participants, representing organisations active in the field of social inclusion, community development and sport had the opportunity to meet and share their experiences.

During the public conference, the project and its main objectives were discussed with local partners who had the opportunity to present their good practices in the field of inclusion through sports. The results of the SW-UP questionnaire on the experiences and needs of women to practice outdoor sport and recreational physical activities was also presented.

"According to the survey results, women have many barriers due to social, safety and experience factors which don't permit them to do sport", stated Vicky Dellas, a researcher from Mullier Institute. She concluded by explaining that women are willing to practice outdoor activities, at least in theory. However, they require certain conditions such as the creation of safe and well-maintained facilities, close to their home or workplace, with no or low costs, and with an extra focus on social aspects for young women.

The conference was followed by a demonstration of Baskin game where the project partners could participate. Baskin is an innovative new sport created with the objective to be globally accessible to any gender and any individual regardless of their a physical and mental disability.

The event was preceded by a coordination meeting in Milan, where project partners discussed the latest evolutions of the project and planned for the further activities to be implemented. You can find more information on the event on the [SWUP website here!](#)



SW-UP WEBSITE

You can find information on the current SWUP project and activities as well as more resources on the SWUP website!

<http://www.swup-project.eu>



THE EXPERIENCE AND NEEDS OF WOMEN TO PRACTICE OUTDOOR SPORTS AND RECREATIONAL PHYSICAL ACTIVITIES

The survey report on the experiences and needs of women to practice outdoor sport and recreational physical activities is now published. The results of the data collection established by means of an online questionnaire that was distributed among adult residents of the participating cities are officially available. There was a total of 1.035 respondents with 84% of the respondents being women.

The questionnaire found that a large proportion of women are physically active less than once a week, this was especially present in older women and women from Ramnicu Sarat in Romania and Corbetta in Italy. One of the main reasons for the lack of physical activity was a consequence of lack of time due to work, study or family obligations. It was also found that many women are interested in participating outdoor activities but face a number of barriers such as not having someone to go with, feeling unsafe at (the route to) the places where they would like to be active or never having participated in outdoor sports before. The results also suggest that no women found herself to be too old to be physically active.

You can read the full report on the [SWUP website here!](#)



GOOD PRACTICES CATALOGUE

The SWUP project includes the development of a Good Practices Catalogue to inspire cities to do better in creating women-friendly spaces for outdoor sports and physical activities. The catalogues are divided into two broad categories: good practices and promising practices.

Overall, 30 practices were identified comprising two initiatives outside Europe: Australian Moreland City Council Active Women strategy and Canadian Physical Activity and Sport for Women Aged 55 to 70+.

The majority of the practices collected are represented by programmes (11), by projects (9), 2 by policy and remaining belong to campaigns, other types of activities or networks with regular sports events. Nine practices were targeting specifically girls and women from a migrant background using physical activity as a mean of integration, four focused on mothers, two on elder women while all the others on women in general.

Overall, the issues of health, well-being and the role of sports are starting to gain ground in different European countries. However, they are mostly generalized and do not target women separately with exception of few countries, even though women do represent a group practising physical activity significantly less than men.

Share your own good practice with the partners of the SWUP project and with other cities in Europe! You can find the catalogue on the [SWUP website here!](#)



GRANOLLERS CUP

Every year, during the last week of June, the Granollers Cup takes place in Granollers in Catalonia, Spain. This is one of the most important handball tournaments in the world. In the last edition, 350 teams from 18 countries and more than 5,200 players participated in the event. During the edition of 2017, 2,115 girls participated in the event, making up for 40% of the tournament players. The competition is specifically aimed at athletes from 11 years old up to 21 years old.

Group sports such as handball help foster personal values such as effort, autonomy or leadership, as well as social values such as empathy, cooperation or helping others. It must be said that the practice of handball in itself does not automatically develop values, but that development depends on the involvement of all the people that make up the entity: players and players, families, technical personnel and board of directors.

The Granollers Cup is twinned with the Interamnia World Cup, held in Teramo (Italy). Both tournaments compute the values of the handball and want to welcome players from all countries and continents. The Granollers Cup is a very rooted competition in the Spanish city and in the world of handball. There are already 20 editions promoting this sport, promoting the city of Granollers and promoting sports for younger people, especially new handball players.

For more information, check out:

<http://www.granollerscup.com>

EUROPEAN WEEK OF SPORTS

READY TO #BeActive; EUROPE? The European Week of Sport kicks-off its 4th annual Week to promote sports and physical activity for everyone, regardless of age, background or fitness level.

This year it's even bigger and even better! It brings together 32 countries and 41 European partners to encourage a healthy, happy and inclusive #BeActive society.

The European Week of Sport runs from the 23 – 30 of September. Save the dates! Throughout the whole month of September, lots of events will be taking place across Europe.

Join a Europe-wide movement and help us spread the word about the benefits of sport and physical activity by inviting your friends to the European Week of Sports event. Remember you can #BeActive anywhere! Why don't you take your friends to the park, the beach or just out for a walk? Being active is being happy, proud, together, healthy and eco-friendly!

For more information check out:

https://ec.europa.eu/sport/week_en

STATISTICAL STUDY ON LEISURE PARKS IN GUIMARÃES

The results of the Special Eurobarometer 472 report on sport and physical activity raised some concern in Portugal, especially in relation to sedentarism indicators and outdoors physical practice.

Knowing the advantages of moderate sports practice or physical activity reflects in the quality of life and prevention of serious diseases, the Tempo Livre and the Sports Studies Center, promoted in collaboration with the University of Minho, a study with the users of the leisure parks of Guimarães.

The research was carried out within the scope of a curricular internship in Applied Statistics. A survey was conducted on sports practice and physical activity in outdoor spaces, intended for users of leisure parks in Guimarães. Previously, a technical and diagnostic survey was carried out on 17 of the 43 parks and leisure zones in the city aiming to know their conditions. The survey considered an information collection related to (1) accessibility, (2) characteristics of the park, (3) safety and hygiene, (4) sports and physical practices, (5) signage and information.

According to the gathered information supported by a technical file two urban parks (City Sports Leisure Park and the City Leisure Park) and two parks located in the periphery (Leisure Park of Ínsua and Leisure Park of Lordelo) were selected for the preliminary study. The questionnaires application was successfully completed and the preliminary results point to some surprising outcomes. One can describe the profile of the average user of leisure parks in Guimarães as a man, aged between 18 and 45 years, who practices sport or physical activity once or twice a week, preferably outdoors. The most practised modalities are running, walking and cycling.

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Locally considered as an unsafe park, due to its configuration and orography, the City Park was evaluated by its users as a safe park, being the women who most refer to this opinion. Concerning the outdoor sporting offer in Guimarães, the opinion of the users is frankly positive. The majority of users consider that there are a good offer, easily accessible and safe parks and tend to consider "good" and "very good" the conditions of the park they usually attend. However, they point out lack of information and consider there is insufficient disclosure to motivate the citizen to practice physical activity outdoors.

One of the applied questions was intended to identify barriers to sports practice. The majority of respondents indicated the lack of time and difficulty in reconciling with working hours. When questioned on the same issue, women indicated the lack of time associated with family responsibilities, the safety of outdoor parks and not having someone to go with as the main impediments.

The data analysis work of this study will continue and soon be shared and disseminated.



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