

INVOLVING WOMEN IN OUTDOOR SPORTS THROUGH THE SW-UP PROJECT



The SW-UP Project, financed by the Directorate General Justice and Consumers of the European Commission, will last 18 months and had its kick off meeting in Guimarães on 26-27 February.

The project partners came together for the first time to get to know each other and discuss the next steps, aimed at **transforming their cities into women friendly environments for outdoor activities**.

We saw a great commitment and interest in the project among the partners and we would like to thank them all for their involvement. Many thanks to Tempo Livre and the city of Guimarães for their great hospitality.

The next SW-UP meeting will take place in June in Milan and will be hosted by "Istituto per la Ricerca Sociale" (IRS).

PROJECT OBJECTIVES

- ✚ Provision of in-depth knowledge on barriers for women to practicing outdoor sports;
- ✚ Increase in women's awareness and participation in outdoor sports,
- ✚ Definition of Guidelines for promoting women friendly urban environments for outdoor sports.

PROJECT STEPS

- ✚ Building the SW-UP community of practice,
- ✚ Get inspired: Survey and best practices,
- ✚ Be involved: Pilot Programmes,
- ✚ Project management and communication activities.

The video from the meeting is available here: <https://youtu.be/FeDCWyAEEks>



PROJECT PARTNERS:

- ALDA, France
- Institute per la ricerca sociale, Italy
- Câmara Municipal de Guimarães, Portugal
- Tempo Livre, Guimarães, Portugal
- Comune di Corbetta, Italy
- La margherita blu, Italy
- Ajuntament de Granollers, Spain
- Mulier Instituut, the Netherlands
- Ramnicu Sarat, Romania
- Sofia European Capital for Sport, Bulgaria



CALL FOR GOOD PRACTICES

The SW-UP project is looking **for good practices that promote women friendly urban design and/or services/actions/tools to enhance women's participation in outdoor sports/physical activity**. Good practices will be included in a digital EU catalogue that will inspire other cities to take action on increasing women's practice of outdoor sports/physical activity.

If your practice (1) has worked well, (2) can be replicated elsewhere, (3) provides learning on how to improve the urban environment or services/activities to enhance outdoor sports/physical activity for women and (5) shows effective achievement in terms of advancing gender equality and/or reducing gender inequalities, do not miss the opportunity to submit it to the SW-UP call for practices. Send us an e-mail (Mihaela.onofras@aldaintranet.org) with a brief description of the practice or a link to it and a brief statement on why you think it should be included in the SW-UP catalogue and we will get back to you to find out more.

News from the SW-UP Partners

Gardens, parks and sports facilities: is Guimarães a friendly city for outdoor sports?

Guimarães has 11 leisure parks and an even wider range of mountain parks and gardens where everyone can practice sport and regular physical activity.

The challenges posed by SW-UP Sport project for Women in Urban Places led Tempo Livre to collaborate with the University of Minho to conduct a survey aiming all leisure parks from the point of view of sports and physical exercise, considering, among other aspects, accessibility, safety, signage, information to users and equipment for physical maintenance.



JOGOS da COMUNIDADE – Let the games begin!

The 2018 edition of the Community Games began in March in Guimarães. The sports project "Community Games" came in 2013 as part of the award of "European City of Sport" Guimarães.

The Community Games aim to bring people together, creating unique moments of conviviality and highlighting the cultural and historical richness of Guimarães, such as the theme for the 2018 Community Games edition dedicated to local gastronomy.

Inspiration for Guimarães and other partners:

- ✓ **Female friendly sport infrastructure guidelines** proposed by the State of Victoria (Australia) which provide an information and advice on how to deliver more gender equitable environments.

The guidelines can be found here: <http://sport.vic.gov.au/publications-and-resources/female-friendly-sport-infrastructure-guidelines>

- ✓ **Manual for Gender Mainstreaming in Urban Planning and Urban Development** is a set of recommendations proposed by the City of Vienna to create urban environments which are safe, accessible and inclusive for both men and women.



The manual is available here: <https://www.wien.gv.at/stadtentwicklung/studien/pdf/boo8358.pdf>

- ✓ **Kenwood Ladies' Pond** is part of a chain of ponds, situated on the eastern fringe of Hampstead Heath, in the vicinity of London. It is the only pond on Hampstead Heath reserved solely for ladies' swimming and is open to all.

More info: <http://www.klpa.org.uk/>



- ✓ **A To-do List to help plan and design cities that empower women** proposed by the Centre for Urban Design and Mental health: <https://www.urbandesignmentalhealth.com/blog/a-to-do-list-to-help-plan-and-design-cities-that-empower-women>

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