



SWUP

SPORT FOR WOMEN IN URBAN PLACES



Co-funded by the
Erasmus+ Programme
of the European Union

SWUP IN ACTION

THE LATEST NEWS FROM THE PARTNERS

Time to wrap up...

Read the news from the last pilot activities and the first
overview on the results!

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Which good practice from Sofia Capital of Sport?

Sofia has encouraged women's participation by providing baby and kids care during some key sport events of the city.

The first event was called Practise Sport in Your City – Urban Zone. It took place on the 14th of April 2019 near Vasil Levski National Stadium. More than 500 participants took part in sports which are popular among young people and are typical for the urban zone – 3x3 basketball, skateboarding, street BMX, roller skating, wall climbing, cross country running and cycling, fencing.



The second event was called Run2Gether – Charity Run for People with Disabilities and took place on the 2nd of May 2019. Thousands stood out on Sunday morning to, as the motto of the event was saying, "run to help" to socialize people with special needs.





Why do women practice less outdoor physical activities than men?
How to remove the feeling of unsafety and constraint experienced by many women when it comes to sport? Which activities have been implemented?

Municipalities and sport associations partners of the European-funded SW-UP project will meet local sport associations, academics and international sport organizations and share their respective practices. Baby-sitting services, gender-neutral urban equipment and raising-awareness walks are only some of the initiatives that will be presented.

A gender walk in the streets of Brussels will close the event and lead the participants at the discovery of the often-neglected influence that women had in the story and architecture of the Belgian capital.



Click [here](#) for the full agenda and [here](#) for the FB event!

Women sport club launched in Ramnicu Sarat!

15 of February 2019 will remain an important date for Ramnicu Sarat: in that day the idea of promoting the involvement of women in mass sports as a driver for inclusion in the local community was launched. More than 40 women participated at the opening event organized in the local meeting hall of Ramnicu Sarat municipality.

Thanks to the facilitation of Done Dana, the meeting was the occasion for women to exchange their desire and needs regarding sport together with the Senator Liliana Sbirnea, the City Manager, the vice mayor and sport trainers of the community. Some aspects of the SWUP pilot programme were clarified and some actions to promote women in mass sport activities were identified. Participants agreed that the role of women as sport actor need to be supported and the Club can provide a good framework for this.



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Increased participation of women in outdoor physical activities in Granollers

The participation of women in outdoor sports is increasingly visible and the numbers are increasing, year after year.

In the city of Granollers, there are currently several municipal programmes that aim to facilitate and promote outdoor sports. One of these is “Comença a fer La Mitja” (Start doing the Half), a programme that for 12 years has been helping many adults and young people to prepare and train for one of the best-known competitions in the town, the Half-Marathon (“La Mitja”). This year was the 33rd edition and 12,000 people took part. This is a big number considering that the municipality has little over 61,000 inhabitants.



One of the most heartening indicators of the “Comença a fer La Mitja” training programme is the increase in the number of women taking part. The percentage of women taking part overtook the percentage of men 3 years ago, when it reached 52%. Last year, it increased to 57% and in this latest edition, women accounted for 61% of participants in this programme, which trains as a group, always outdoors, three days a week, with sessions lasting a little over an hour. This has led to increasing participation of women in the “La Mitja” half-marathon.

Another programme where participation by women is highly visible is “Granollers Camina” (Granollers Walks). This new programme (this is the second edition) is more focused on older people, over 55 years of age, and involves Nordic Walking two days a week throughout the school year. The proportion of women taking part in the first and second years is 80%.

In relation to the pilot programme carried out as part of the SW-UP project “Mentre la Canalla fa esport, TU TAMBÉ” (While your kids do sport, SO CAN YOU), which we have written about in previous newsletters, the results of the satisfaction survey of female programme users indicate that 40% did not do sport outdoors before starting the programme. The main motivation for 73.5% of these mothers was the ability to combine sport with work and their personal and family lives. For 15%, the incentive was the chance to do sport outdoors.

We are convinced that organizing group programmes and sports increases awareness of the benefits of sport and physical activity, especially in women, and helps to increase their self-confidence when practicing sports outdoors.

Women + Active: a mix of different formats to encourage women to play sport in the public spaces in the city of Guimarães

"Women + Active" program started in Guimarães on 8th of March (International Women's Day) and lasted until 7th April (World Health Day). Four workshops were held in "Casa da Memória de Guimarães" addressing different topics. The first session was attended by a breast cancer patient, Rosa Maria, who maintains her active life and regular practice of physical exercise, with the support of her attending physician and a sports physiologist. She shared her experience before an attentive audience.

In the second session active aging was at the center of the debate. Isabel Lemos, 70, was the special guest and shared with attendees to feel more disposed and happier since she started to practice regular physical exercise. Catarina Ribeiro and Alexandra Gonçalves, two young teenagers practicing high competition sport (futsal and gymnastics) spoke of their experience before a full audience of young students. The myths about "sport and femininity" have been deconstructed. At the end, most respondents stated that they liked physical education classes but argued that curricula should change to make physical activity and sport more appealing to young people.

The last workshop session addressed the topic of pregnancy and physical activity, counting on with Liliana Ribeiro, a young pregnant woman who maintains

her sports routines despite being a few months from the end of gestation.

During the "Women + Active" program, participants also gathered, on Sunday morning, in four different leisure parks of Guimarães (Cidade, Ínsua, Lordelo and Cidade Desportiva) for some exercise and counseling about the advantages of physical exercise and health.

Nurses, doctors, social assistants, physical education professors, sports practitioners joined the program and helped to spread information about the benefits that regular physical activity brings to health and well-being to people from all ages and conditions.

The Health Walk marked the closure of the pilot program. The course in the Parque da Cidade gathered two hundred people, most women, with an extension of about 4 kilometers, with low and moderate difficulty, and proved to be an active moment but, above all, an opportunity to socialize and exchange experiences.

"Women + Active" project had the support of local partners whom made possible to carry out the activities so successfully, such as newspaper Mais Guimarães, Hospital da Luz, Cercigui, APCG, Fórum Municipal das Pessoas com Deficiência, Casa da Memória, GTEAM, Guimagym, Vitória Sport Clube, Fraterna, Sol do Ave and EIM – Espaço Informação Mulher.



WOMEN + ACTIVE PROGRAM FULFILLED WITH SUCCESS!

The pilot program "Women + Active" closed successfully in April 2019 with the "Walk for Health" that gathered about two hundred participants in a very rainy Sunday morning.



The "Walk for Health" was the last moment of a wider program which started one month before with thematic workshops and meetings in the park for gymnastics and workout.



Do you want to know more about the initiatives that the SWUP partners have implemented in their local communities to engage women in playing sport outdoors?



Click [here](#) to have a look at the detailed information sheets of every pilot program



Time for a participatory assessment in Corbetta, Italy

On March 5, 2019 the representative of IRS Cristina Vaisescu visited the city of Corbetta with the aim of submitting a detailed questionnaire to the participants of the SWUP activities implemented by POL Corbetta.

Together with the president of the Polisportiva Alberto Zuradelli, she attended the 2 fitness courses in the patio of the Municipality of Corbetta and 2 courses in the Polisportiva gym. Later she visited San Girolamo building where the volleyball courses are held twice a week. On each occasion she interviewed a large sample of women, obtaining opinions, reflections and considerations that have enriched the data collection for the assessment of the SWUP pilot activities that took place in Corbetta.

All the interviewed women showed great willingness, sincerity and enthusiasm to feel themselves protagonists. Diverse opinions and enriching points of view emerged by their witnesses.

Polisportiva staff is grateful to Cristina for the valuable work that has turned into a very interesting document, complete in every aspect and inheritance valuable for future projects.