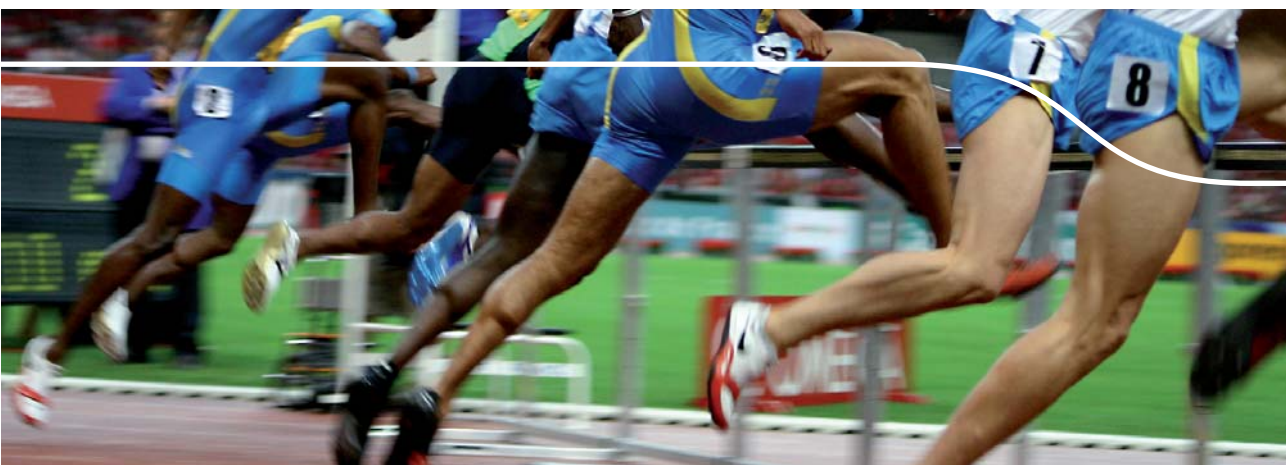


13th ENGSO FORUM

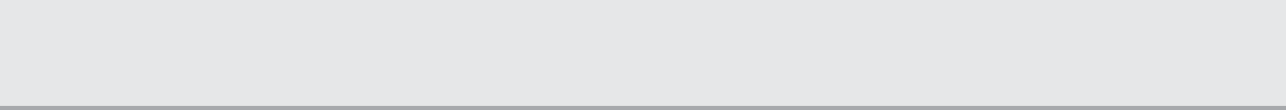
SOCIAL INCLUSION AND EDUCATION THROUGH SPORT



Dubrovnik, Croatia
8 – 9 October 2010

13th ENGSO FORUM
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Republic of Croatia
Ministry of Science, Education and Sports



13th ENGSO FORUM SOCIAL INCLUSION AND EDUCATION THROUGH SPORT

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Dear participants,

Welcome to the Proceeding of the 13th ENGSO Forum 2010! This year's special topics are Social Inclusion and Education Through Sport. During this year, ENGSO put more efforts in both topics that are at the same time recognized as very important at the EU level. ENGSO EU Working group¹ presented the ENGSO Manifesto Social Inclusion at the last ENGSO General Assembly that was held in Belgrade in May, 2010.

With the aim to collect the practice examples from our members that are related to the implementation activities of the ENGSO Manifesto, we have decided to published them in this Proceeding book. We are very grateful to our members who have responded and acquainted us with the different kinds of programmes and projects mostly focused on the immigrants' children, youth and elderly people and gender equality. Additionally, through these projects, the ENGSO members have tried to improve equal possibilities in sport for all.

The second very important topic is dual career programmes, where the sport organisations should take the lead in developing the movement. ENGSO is the partner in the „AthletesToBusiness“ project which is run by the EOC EU office and Michael Trinker, project manager. Project's workshop will be held on the second day of the Forum and for this purpose we invited the ENGSO members to present their programmes and results related to dual career as well as education through sport.

The Proceeding book contains 19 contributions, written by 19 authors from 11 countries as well as from the ENGSO Youth and European Athletes as Student Network (EAS).

Many thanks go to the Ministry of Science, Education and Sports of the Republic of Croatia, as well as to the members of the Organising Committee of the Croatian Olympic Committee, who didn't spare their effort to prepare and realize the Forum and Proceeding book.

Deep gratitude also goes to the ENGSO President, Birgitta Kervinen and ENGSO ExCom members; Jan Boháč, Predrag Manojlović, Jean Francois Angles, Sallie Barker, Carlos P. Cardoso, Jan Holze, Luis Kilcoyne, Snežana Mišić and Heidi Pekkola for logistical support to the Croatian Olympic Committee in the organising activities for the Forum 2010.

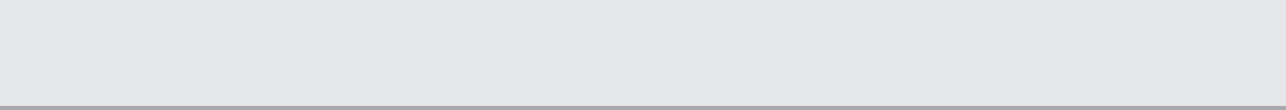
We wish you feel welcome and come back many times!

Editors

¹ Members of the ENGSO EU Working group are; Michael Trinker - Chair (AUT), Carlos P. Cardoso (POR), James MacDougall (UK), Gorazd Cvelbar (SLO), Heidi Pekkola (FIN), Marie Denitton (SWE), Anna-Marie Hamalainen (ENGSO Youth), Terhi Heinilla (FIN), Uros Ganović (SRB) and Sophie Christ (FRA).



WELCOME SPEECHES



13th ENGSO FORUM OCTOBER 8th - 9th, 2010 DUBROVNIK, CROATIA (social inclusion and dual career through sport)



It gives me great pleasure to greet you on behalf of the Ministry of Science, Education and Sports. I would also like to welcome distinguished guests as well as the Croatian Olympic Committee, which is ENGSO Forum host.

The main issues that will be discussed at the 13th ENGSO Forum, social inclusion and dual career through sport, are getting a lot of attention and interest these days. Croatian sport is important not only because of remarkable results Croatian athletes have achieved, but also for its contribution to better health and life quality of our citizens. Moreover, in the past few years it also has played a major role in the activities targeted towards national minorities and gender equality.

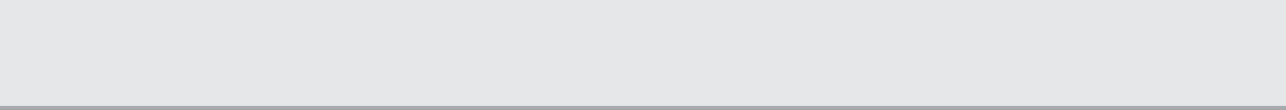
We are extremely proud of excellent results our athletes have achieved, which is the best promotion of Croatia in Europe but also worldwide. Being aware of their efforts, in cooperation with the Croatian Olympic Committee, we do our best to assist them not only financially but also with respect to setting prerequisites for a successful harmonisation of their sport activities and their education.

For this purpose, in 2008 we have expressed support to the Croatian Olympic Committee regarding the project Categorized Athletes in the Education System, in an attempt to raise awareness among the academic community, highlight existing problems and offer possible solutions that can contribute to the harmonization of athletic and educational careers.

I am confident that this thematic event, which will include the presentation of examples of good practice in social inclusion and in education by way of sport that we have compiled in a publication that can be found in Forum materials, will serve towards the benefit of Croatian governmental and non-governmental bodies with jurisdiction over sport and education. As a future member of the European Union, it is our wish for Croatia to participate as a partner-country in the development of new projects, through which we could make use of European funds in cooperation with other European Union member-states.

And finally allow me to extend my wishes to all participants of this Forum for an enjoyable stay in Dubrovnik and Croatia.

*Radovan Fuchs, PhD
Minister of Science, Education and Sports*



Social Inclusion and Dual Training in ENGSO Forum

The ENGSO Forum is an annual platform for changing ideas and opinions, organised by the European Non-Governmental Sports Organisation ENGSO for its member organisations and partners. This year, we have the wonderful opportunity to have the ENGSO Forum in the beautiful and historically inspiring city of Dubrovnik. The hosting organisation, the Croatian Olympic Committee, has done an excellent job on this event and its arrangements. I want to warmly thank the hosts for their efforts. In addition, the Croatian Olympic Committee is a very active ENGSO member, and one person behind this activity is our Executive Committee member Romana Caput-Jogunica. This input is very important for ENGSO activities, and we highly appreciate it and the effort of the Croatian Olympic Committee.



Volunteering and social inclusion are the main priorities of the ENGSO in 2010. Last May in our General Assembly, we adopted the *ENGSO Manifesto on a Truly Inclusive Sport*. In that document ENGSO encourages its member organisations, in cooperation with public authorities on both national and European level, to take action in eight areas; the Manifesto touches upon the inclusion of immigrant populations, social exclusion, solidarity between generations, gender equality, racism, sexual orientation, violence, and disability. This Manifesto was welcomed with satisfaction by the European Commission. Head of the Sport Unit, Mr Michal Krejza, voiced his appreciation for the Manifesto remarking that it's one of the best papers on this topic.

It is hoped that the Manifesto will raise awareness and impact relevant policies of sport organisations as well as to contribute to discussions on the inclusive role of sport in society. Recommended measures include supporting educational initiatives, creating guidelines, improving cooperation and embracing projects in various areas, among others.

In this 13th ENGSO Forum, we want to deepen our view on social inclusion and dual training and deal with those issues on a more practical level. ENGSO member organisations will have the floor to present their best practices. In this way we all get the chance to change practical ideas and acquire new ways to promote social inclusion and dual training on a practical level. We are happy to host one of the workshops of the European Olympic Committee's project, "Athletes2Business".

The sport movement does valuable work, which is very beneficial to society as a whole. However, sport organisations have to compete the resources with other sectors of society. ENGSO wants to support its member organisations in their important work. ENGSO's aim is to be a stronger lobbyist of the voluntary non-profit grassroots sports and a means of communication. Next year marks the European Year of Volunteering, which is a great possibility for the sports movement to promote the societal role of sports. ENGSO wants to use this opportunity, and we hope that, together with our partners, we can highlight the significance of sports during the next year. We want to be a bridge builder between our members, partners and political decision-makers. Our goal is to see physically more active, healthier, more democratic and competitive citizen's Europe. ENGSO Forums are a crucial part of this work.

I hope that you will enjoy warm Dubrovnik and its beautiful premises. Lively discussions are warmly welcomed as everyone is an important bridge builder with one's own input. This proceeding book will give you some examples of the ENGSO member's best practices. I wish you all a fruitful ENGSO Forum.

Birgitta Kervinen
ENGSO President

welcome speeches



Dear Forum participants,

It is my honour and privilege to welcome you on behalf of the Croatian Olympic family and the Organising Committee of the ENGSO Forum. Croatian Olympic Committee has been a full member of ENGSO since 1998 and is striving for active participation in ENGSO activities. We are grateful for the presented confidence and support while organising the 13th ENGSO Forum in one of the most important historical and tourist centres of Croatia, the sports town of Dubrovnik.

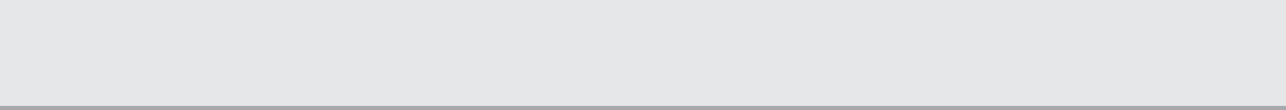
Croatian Olympic Committee is the highest non-governmental sports authority which takes care of the entire Croatian sports, from top sports to the youngest athletes for whom we organize the Olympic festival of kindergartens. Besides the plentiful development programs for athletes and trainers, we also tend to implement activities relating to education of both athletes and trainers, according to our means and possibilities, as well as activities which are aimed towards gender equality in sports, pursuant to the decisions and references of the International Olympic Committee. Also, we put much effort into the projects directed towards achieving the conditions that will make possible the joining of more children into sports clubs.

This is an opportunity to point out other priorities including even more intense activities that are aimed for the development of international sports cooperation, which is validated by the organisation of this Forum, and by many large international sports festivals previously organized as well, international conferences and sports seminars. It is important to point out how these efforts are supported by the Government of the Republic of Croatia and the economy.

Aware of the issues of harmonizing sports commitments and education, Croatian Olympic Committee has, in cooperation with the competent ministries of sports, education and national defence, launched projects with the purpose of providing employment conditions in national administration for the top athletes, and projects that enable professional education of athletes for performing professions in sports. These programs are being implemented in cooperation with the Croatian Olympic Academy, and the institutions of higher education in Croatia.

Many practical examples are published in the Proceeding of the Forum, which will most definitely stimulate new projects oriented towards social inclusion and education through sports. This is why I am using this opportunity, to thank the Ministry of Science, Education and Sports of the Republic Of Croatia on behalf of the organisation which is hosting the ENGSO Forum, for their recognising the value of this forum and their support in publishing of this Proceeding for this occasion. Finally, I would like to thank all of you for your participation and I wish you a pleasant stay and a successful Forum!

*Zlatko Mateša, PhD.,
President of the Croatian Olympic Committee*



welcome speeches

Dear participants and guests of the ENGSO Forum,

As the Organising Committee President, I am very pleased that Croatia and the City of Dubrovnik are hosts of the 13th ENGSO Forum and the Croatian Olympic Committee its co-organizer.

I believe that the conclusions of the ENGSO Forum will make a valuable contribution to the unity of sport in Europe, from the involvement of the youth in sport to the education in sport as a part of top-level achievements. Having this goal in mind, the Croatian Olympic Committee, as a co-creator of the ENGSO activity, put its technical and organisational potential at the disposal. The Forum topics, prepared by the lecturers, are an outstanding platform to all of us who have to carry out the recommendations to the society. I am confident they will give a fresh impetus to the activity of the ENGSO and the European Olympic Movement.

Moreover, the Forum provides an opportunity to you, dear sports friends and guests, to enjoy in the world-famous beauty of Dubrovnik and Croatia. Being proud of hosting the Forum and belonging to a large Olympic Family, we wish you successful proceedings and the expected follow-up.

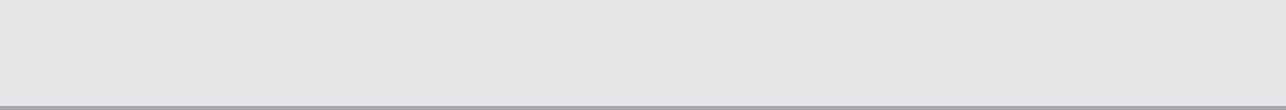
Welcome!

With sports greetings,
Josip Čop
Organising Committee President





IMPLEMENTATION
OF ENGSO
MANIFESTO
– SOCIAL
INCLUSION
THROUGH
SPORT



Swedish Sports Confederation

Tommy Nordmark

Drive-in Sports Project – Social Inclusion through Sport

Since the autumn of 2009 the Swedish Sports Confederation has been running a Drive-in Sports Project. Seven of the District Federations are currently involved in the project at 16 different venues in their districts. At each venue one or more sports clubs are responsible for the activities, in collaboration with local authorities and other local bodies such as housing corporations, rescue services, etc. The Swedish sports movement reaches a large proportion of the young people in the country, but there are many youngsters who, nevertheless, choose not to be physically active or, at least, not to take part in organized sporting activities. With this more open and spontaneous type of activity the Swedish Sports Confederation hopes to attract a new target group and encourage them to be physically active.

The main aim of the project is to open the doors of sport to more young people and to help them take part in a meaningful pastime. Thus the project is primarily directed at young people who are currently not physically active. The project is also intended to help develop an operational methodology and an information-bank for sports clubs and local authorities that want to work in this field. The new mode of operation is expected to contribute to the club's own development, including its normal activities, and to act as a recruitment tool for these activities, both in terms of athletes and leaders. The activities are primarily aimed at young people aged between 13 and 20 who are no longer active in the sports movement. Our efforts are focused on districts or municipalities that have:

- Low numbers of young people active in sports
- Problems with young people at weekends
- High-risk districts with serious segregation

The project is being designed to appeal both to girls and to boys and to be of interest to as many young people as possible. This means that it is important to have a wide range of sports on offer with plenty of personal choice. Young people can take part as and when they feel like it and there are no attendance requirements. A desire to take part in the sporting activity is what determines attendance. The activities on offer are of a high quality with trained leaders.

Drive-in sports are currently being organized at 16 venues in various parts of Sweden. Football is the commonest sport involved, as exemplified by the “Football Fridays” that were presented at the ENGSO General Assembly in 2010. The Football Fridays are run by a neighbourhood sports club in a Stockholm suburb. Floorball, wrestling, basketball and dance are examples of other sports activities that are included in the project. In total, somewhere between 500 and 1000 young people take part in these activities each weekend.

Key words: young people, spontaneous, open to all, high quality

German Olympic Sports Confederation (DOSB)

Verena Zschippang

“Physical Activity and Health – More Female Immigrants to Exercise and Play Sports”

The German Olympic Sports Confederation (DOSB) is the independent umbrella organization of all sports associations in Germany and represents over 92.000 sport clubs and more than 27,5 million members. The DOSB supports Competitive Sport and Sport for All. Sport clubs offer exercise and sports, as well as a wide social space in which people communicate and interact. This social space supports integration and participation in many different ways. In German sport clubs female immigrants and women with a background of migration² are clearly under-represented. An expert report commissioned by the DOSB in 2006 confirmed this through scientific evidence. University of Bielefeld highlighted the position of female migrants in organized sport environments.

In the study the interviewed women had not been in sport clubs before but expressed a wish for better, and more opportunities to exercise. The results demonstrated that there are many different non-visible constraints and uncertainties which prevent female migrants joining sport clubs. As a result of the study in 2008 the DOSB initiated the above project, which focuses on the social integration and participation of female immigrants. Therefore, the main goals of this project are to identify potential constraints on both sides (sport clubs and female immigrants), make them visible and to reduce them. That means to discover successful and less successful factors in achieving and working with female migrants, especially since unsuccessful factors may also provide important information on addressing their social inclusion. With this project the DOSB intends to provide better access for women to become physically active and join sport clubs. Therefore, strategies and measures need to be developed for specifically addressing these women to inspire them to take part in sporting programs. The main strategy of the project focuses on networking with different local partners and public authorities. The innovative element of the project is the so called “plus ‘X’”. The ‘X’ represents an additional, non-sportive offer alongside the sport programs which is supposed to promote social and professional competences. E.g. swimming for young girls is combined

2 In the following text these two meanings are used identically, although there is indication of difference in content.

with homework tutoring; gymnastics for elderly female immigrants is linked to a computer course to learn how to use the internet; etc.

Essentially, the purpose of the project is to, on the one hand create offers that meet the women's needs and interests, and on the other to build sustainable cooperation with public authorities. The project has now reached its final period and is going to be evaluated by an external institute. What we can say is that the project has been successful so far, and with the various combined offers it has reached female immigrants and supported them in developing self-empowerment, which has led to more participation and social inclusion. Future projects may focus on the sustainable delivery of such combined offers for female immigrants to promote the integration process.

Key words: social integration through sport; female immigrants; networking

The National Olympic Committee and the Sports Confederation of Denmark

Poul Broberg

Get2Sport

Get2Sport is an initiative, which is stimulating and optimizing the potentials for sport to give immigrant populations a better inclusion and knowledge of the local sports clubs in Denmark. The NOC of Denmark believes, as it is stated in the ENGSO manifesto, on a truly inclusive sport, that sport is a great tool when it comes to bringing people from different cultures and social backgrounds together. The NOC of Denmark initiated Get2Sport in 2005. Get2Sport is working as an umbrella organization for the initiatives the NOC of Denmark started in the most socially underprivileged living areas in Denmark. On a daily basis, Get2Sport is about helping the voluntary leaders and coaches with the daily social and cultural challenges they are meeting when organizing sports activities in areas with a large proportion of immigrant populations. Get2Sport is also about introducing immigrant children and their families to the possibilities an active sporting life can offer.

The project is established in close cooperation with the Ministry of Integration and the 16 municipalities hosting the Get2Sport project. The cornerstone in all Get2Sport projects are the local clubs, which have been focused on the integration of immigrant populations for several years. The local projects are adapted to the local conditions in various municipalities. Despite of the local differences, Get2Sport is based on the following common elements which are dominant in all 16 local projects. A professional person is connected to all the participating clubs, helping the many voluntary leaders and trainers who are working to integrate the immigrant population in the clubs. The professional takes care of the many additional challenges, often a reality when one is trying to run a voluntary sports club in socially underprivileged areas. The NOC of Denmark and Get2Sport also provide financial support to the daily costs in the clubs working to integrate immigrant populations.

The financial support is spent on necessary sporting equipment, membership fees and the costs for participating in local leagues and tournaments.

The financial possibilities are far more limited in the socially underprivileged areas than in the clubs which organize their activities in more normal environments. A proportion of the children and youth of immigrant parents have social needs

which demand more professional care than can be given in a sports club based on voluntary work.

The NOC and Get2Sport have established close connections with social workers working in the various ghettos of all the municipalities where the projects are organized. Becoming better at running a sports club in a socially underprivileged area is vital if Get2Sport is to secure the long term effects of improving the engagement of children and youth with an immigrant heritage towards sport. All the clubs participating in Get2Sport are bound to work together and share experiences with each other.

Key words: immigrant children and youth, sports club, social needs

Austrian Fund for Integration

Michael Trinker

Sport Award for Integration

The Austrian Sports Confederation itself does not deliver specific projects dealing with social inclusion, except a big national health enhancing physical activity project entitled “Fit for Austria”. The focus of this project is not however on integration but on the promotion of health. The project seeks to address and integrate people who might be marginalized such as the elderly, people with a migratory background etc.

Since 2010 the Austrian Sports Confederation has cooperated with the Austrian Integration Fund to award prizes to sport projects dealing with social inclusion and integration. These prizes reward sport projects which promote the integration of people with a migratory background into Austrian society.

One of the projects which was awarded a prize in 2009 was entitled “le début”. This offered a physical activity programme to girls and ladies with a migratory background in Innsbruck and Telfs, including the possibility of becoming a trainer. This project is delivered by a member organization of the Austrian Sport Confederation.

Key words: sport projects, girls and ladies, trainer

Finnish Sports Federation

Juha Heikkala

Social Inclusion in Sports in Finland

There are three major tools used in promoting social inclusion in sports in the Finnish Sports Federation. These are (1) the Code of Ethics, (2) an Educational project for persons with an immigrant background and (3) a Development program for inclusion in sports. Each of these promote social inclusion directly or indirectly.

1 *The Code of Ethics*

“The Code of Ethics aka Fair Play Rules” is a sports organisations’ common description of good sportsmanship and physical activities. Its major principles are, for example, respect for other people and life, promotion of health and wellbeing and everyone’s equal right to sports and physical activities. The code was adopted at the Finnish Sports Federation’s General Assembly in 2004. The Code is now being updated. This updating is of such a high importance that as many member organizations and other parties as possible have been asked to participate in the updating process. The method used were face-to-face discussions with selected groups of organizations, sending the draft to member organizations for comments, an internet platform for discussions and an open-for-all conference. A Code of Ethics handbook was created to support this process.

2 *Educational project for persons with an immigrant background*

The Finnish Sports Federation SLU has initiated a new educational project for persons with an immigrant background. The aim of the project is to offer these people a new route to the field of sports in Finland. The method is an easily accessible and free-of-charge elementary education giving them knowledge about the basic facts on the structure and functioning of sports in Finland. The education is also offered to Finns. After the five weekend long education, all the students will be guided forward and the following steps will be offered to them: to take part in the vocational education of sports, to become employed in a local sports club through a special project called “Call for Work”, or to join their local sports club that is actively welcoming people with immigrant background. A comprehensive

study will be made about the outcome and result of this educational project in order to evaluate its success and further need in the future.

3 *Development program for inclusion in sports*

“Sports Open for All” is a development program for inclusion in sports. The goal of the program is to promote sporting organizations to develop their sport to be inclusive. It requires equality of access to all sporting services, both public and private, and therefore e.g. accessibility of sports facilities is emphasized. The methods of the program are education, consultation and utilization of networks. Door Open for All – education helps participants to evaluate their own sporting organization and start their inclusion process. Good practices are shared during consultation processes. Expert and institutional networks bring together knowledge of inclusion and sports.

Key words: ethics, immigrants, education, inclusion process

Croatian Olympic Committee

Morana Paliković Gruden and Gordana Borko (Women in Sport Commission)
Vlatko Maček (Croatian Sport for All Federation)

Croatian Examples of Social Inclusion Through Sport

With the purpose of presenting the examples of social inclusion through sport, the Croatian Olympic Committee has selected two following projects: "Sports Festival in the Countryside – The Games of the Ancient Sports", a project of the Croatian Sport for All Federation, and "Status and Prospects of Women's Team Sports in Croatia" of the Women in Sport Commission.

1. Project; „Sports Festival in the Countryside – The Games of the Ancient Sports“

The "Festival of Ancient Sports" is the sports and cultural manifestation organized every two years by the Croatian Olympic Committee, the Croatian Sport for All Federation and the local government. The main aim of the Festival is to present 10 - 12 ancient sports very popular in the countryside during history. The local government hosting the event has the opportunity to select and organize sports competitions in a minimum of 10 ancient sports activities or disciplines. Some of the very famous activities are: tug of war, potato sack racing, long jump, wood sawing, etc. Over a period of 18 years, the Festival is always organized in July and approximately 10-14 teams or 400 to 600 participants take part in the individual or team competitions. Except the national sports festival, the local and regional competitions are very popular, especially in the north and the central part of Croatia. Apart from the sports competition, different cultural events and presentations of the customs and traditions of the hosted region are held. such as music events and folk costume presentations.

Key words: village, ancient sports, National Sports Festival

2 *Status and Prospects of Women's Team Sports in Croatia*

In collaboration with the Ministry of Science, Education and Sport, the Women in Sport Commission has organized the Round table entitled *Status and Prospects of Women's Team Sports in Croatia* in Zagreb in June 2010. The main goals of the Round table were to introduce the public to the problems related to the: 1. Recession and prospects of our women's team sport until 2012; 2. Women's representation in team sports and women's teams; and 3. Coverage of women's team sports in the media.

Following comprehensive and constructive presentations, discussions and proposals, some of the conclusions have been adopted, namely: increasing the representation of women's sport; promoting active participation of men in the establishment of gender equality; providing sports infrastructure, qualified personnel, competition system, media coverage for men and women with equal treatment. The Croatian Olympic Committee has taken an active role in questions related to gender equality in sport. The Women in Sport Commission plan will in the future (2010-2012) be focused on the following: the development and integration of networks into the Alps-Adriatic area, neighbouring and Mediterranean countries; promoting responsibility and men's involvement in providing gender equality in sport; increasing women's involvement in management positions of Croatian and international sport organizations and other activities with the aim to improve women's status in sport.

Key words: women, sport, network, programme

“FREE OF CHARGE SPORT SCHOOLS (FCSS) PROJECT”

There are approximately 20 million children under the age of 15 in Turkey and the research show that 60-70% of these children are from lower income families. Most of the public and private sports facilities and clubs charge a fee of some kind. Therefore, children coming from poor families cannot pay the minimal fee and never get a chance to participate in sports. That is why the National Olympic Committee of Turkey's Free of Charge Sport Schools Commission has started the “Free Charge of Sport Schools Project (FCSS)” - to provide the underprivileged children with the opportunity to participate in sports. The Commission which was established in 1996 consists of former women athletes or sport enthusiasts who love sport and children and would like to give their contribution to the Turkish society through sport.

The goals of the Free of Charge Sport Schools Project are as follows:

- To help all children and youngsters, who do not have an opportunity to take part in sports due to financial difficulties, lack of sport facilities and equipment,
- To help future generations grow into physically and mentally healthy adults,
- To prevent children and youngsters from acquiring harmful habits,
- To teach them the values of sport and Olympism – friendship, unity, Fair Play, respecting the opponents etc.

How the Project was initiated...

The NOC of Turkey's Free of Charge Sport Schools Commission, with the collaboration of Provincial Directorates of Ministry of Education, Provincial Governor and General Directorate of Youth and Sport, has decided to initiate the Free of Charge Sport School Project in 1996. For the establishment of the project, the sport halls and gymnasiums of public schools, which are located in the outlying and underprivileged parts of Istanbul where the highest proportion of children and youngsters live, were selected. Through the help of sponsors, the sport halls and gymnasiums were renovated.

Sports equipment such as nets, balls, fun in the form of athletics equipment and sportswear for children were supplied for each school. Expert PE teachers and students studying at Physical Education and Sport Departments at the universities were employed for the project. Banners were hung on the streets of the

neighbourhoods where the Free of Charge Sport Schools were to be opened in order to publicize the project. In the first year (1996), six sport schools were opened in Istanbul and a total of 1,500 children (750 girls and 750 boys) were given a chance to participate in sports activities through this project.

Sport for Children Affected by Earthquake

When the terrible earthquake hit northwest of Turkey in August 17, 1999, thousands of our citizens lost their lives and their homes and started living in tent cities. The children were affected the most by this devastating earthquake. In order to help rehabilitate the children and youth affected by the disaster through sport activities, the Commission has started Free of Charge Sport Schools Project in five provinces - Adapazari, Izmit, Gebze, Petkim, Darica and Karamursel - located within the area of the earthquake. At the moment 3,000 children and young people, half of which are girls, are participating in sport activities through this project.

2010 – 15 Free of Charge Sport Schools and 6,500 Children Having Chance to Participate in Sports

With the opening of a sport school intended for children with intellectual disabilities at the Disabled Sport Hall in 2002, the number of schools involved in the Project has now reached 15. Around 3,000 girls and 3,500 boys between the age of 7 and 17 are participating in the project. There are 6 schools in Istanbul, 8 schools in the earthquake affected region (east of Marmara).

Expenditures of the PROJECT...

The main expenditures of the FCSS Project are the following:

- repair and maintenance of sports halls
- salaries of the coaches and staff at the sports halls
- sports equipment and sportswear expenditures for children in the project
- tournament organization (transport, food, sportswear, medals, certificates, referees)

Key words: children, poor families, sports activities

ENGSO Youth in cooperation with the Council of Europe,
DG IV Directorate of Youth & Sport
ENGSO Youth Committee

ENGSO Youth/COE study session “Youth Voices through Inclusive Sports”

The study session “Youth Voices through Inclusive Sports” was organised by ENGSO Youth in cooperation with the Council of Europe’s Department of Youth and Sport and took place from the 4th - 10th July 2010 in Strasbourg with the aim to explore the value of sport for social inclusion by, with and for young people and develop a social inclusion toolkit for sport. The objectives were: 1. To develop a common understanding of sport as a tool for social change; 2. To explore the concept of social inclusion; 3. To share practices on social inclusion through sport; 4. To create and develop new sport activities for social inclusion.

Gathering 34 young people, youth sport activists, the study session used non-formal education to offer the participants a platform for exchange and the understanding of inclusion, exclusion, and marginalisation, as well as question the role of sport activities as a tool for inclusion. During the week, participants took part in numerous games, activities and exchanges which enabled them to look at sport activities more critically in terms of their ‘inclusiveness’. At the end of the program, the participants had the opportunity to create their own activities for inclusion. These are, of course, only a first attempt and not final tools of inclusion through sport. The detailed report will be online on the ENGSO Youth website www.youth-sport.net and on the website of the Council of Europe from October 2010.

Overall, it was a week of high energy featuring a motivated multicultural group of participants and fruitful exchanges.

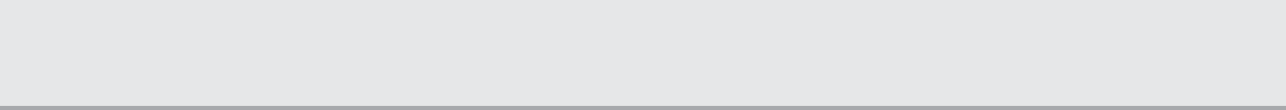
European Youth Centres carry out a yearly programme of these study sessions and other activities held in co-operation with non-governmental and governmental youth partners. The programme is based on applications submitted twice a year (1st April for the study sessions taking place the 1st Semester of the following year, and 1st October for the study sessions taking place the 2nd Semester of the following year). These activities are fully financed by the Council of Europe in accordance with the modalities available at the Secretariat.

Key words: study session, inclusion, sport, youth, Council of Europe

implementation of engso manifesto – social inclusion through sport



EDUCATION
THROUGH
SPORT



OPINIONS OF CROATIAN TOP LEVEL ATHLETES



Marijo Možnik,
top level gymnast
University of Zagreb

Miho Španja,
top level paralympic swimmer
University of Dubrovnik



COMBINING FULL TIME STUDIES AND TOP-LEVEL SPORT:

THE MIHO ŠPANJA STORY

I started to practice physical activity very early on as a direct consequence of health problems. In particular, when I was six months old, following a vaccine shot I suffered from polio. This diagnosis suggested swimming as the most effective method of rehabilitation, and I took it up immediately. It is an interesting fact that I swam before I could walk, so that practicing this sport has marked my life to a great extent. I have been swimming actively for almost twenty years and for the past twelve years I have been a member of the national paralympic team.

Among many awards, I would particularly mention: three bronze medals from the 2004 Olympic games in Athens, four titles and five silver medals in world championships, and five titles and three silver medals in European championships, with thirteen world records in long and short course swimming pools. More than half of the mentioned awards were achieved since becoming a student at the University of Dubrovnik.

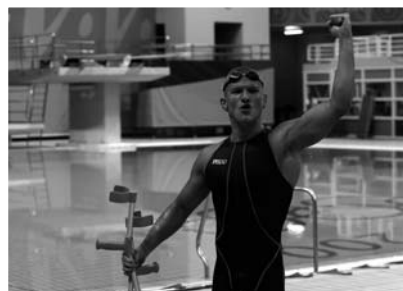
After the 2004 Paralympic Games in Athens I enrolled in the undergraduate school of Media and Public Relations at the University of Dubrovnik, Department of Communication. Why this particular study? I have always been very communicative and sociable, and early in my career I became interested in mass media, as recognized through my interest in documentary programs on television. Shortly after I received my bachelors degree, I enrolled for graduate studies in Public Relation. My aim is, by the year 2012, to graduate with a masters degree from the University of Dubrovnik, to withdraw from active swimming after the Paralympic games in London and to pursue a profession in Public Relations.

Throughout my entire sports career, travelling around the world I recognised the importance of having an appropriate person responsible for delivering the right information at the right time to the media. That is why I am pleased with the education I have gained up to now, and hopefully, though my present studies, I will achieve the necessary knowledge in the near future. I must admit that I have had the fullest possible understanding from all teachers and employees at the University of Dubrovnik who have respected my commitment to the sport. I practice seven hours a day and while it is not easy to balance academic and sporting activities, I have tried, in cooperation with each professor, to find such a balance and to fully meet all my academic obligations.

education through sport

My wish is to swim at my fourth Paralympic games in London and after that I plan to retire from sport. Therefore I consider it of central importance to acquire all possible knowledge through education, as I am aware that it would be very difficult to prove myself as an expert in the field of public relations without adequate qualifications.

In the end, the fact that makes me really proud is that I am one of the very few athletes in the republic of Croatia that has managed to combine education and top-level sport.



A SUCCESSFUL DUAL CAREER

BY MARIJO MOŽNIK

I have been training sports gymnastics from the age of 6 at the club ZTD "Hrvatski sokol". Until graduating from high school and entering university I trained all-round athletics, and from the age of 18 I specialised in the high bar. Since then I have won one gold and four bronze high bar medals at World Cup tournaments, I have placed third on the 2009 world rankings and won fourth place at the 2009 Belgrade Universiade. Since 01 January 2009 a new high bar element has been entered in the official FIG (International Gymnastics Federation) Regulations bearing my surname because I was the first gymnast to have ever performed it.

I am currently an undergraduate ABD at the University of Zagreb Faculty of Kinesiology. I have chosen to enter the Faculty of Kinesiology because it was the only faculty which held any substantial interest to me. I love many other sports apart from gymnastics and, since at the Faculty of Kinesiology the students have the opportunity to acquaint themselves with almost any sport, I found it to be the only true choice for me. For my graduate studies, I have decided to major in artistic gymnastics. I am the recipient of the Faculty of Kinesiology Best Athlete recognition for the academic years 2007/08 and 2008/09, and have furthermore been declared fourth year valedictorian for the academic year 2008/09. In June 2009 I was awarded the Rector Award for student work in the academic year 2008/09. During the my studies, I have completed the course for male artistic gymnastics coach and the ECDL (European computer degree) informatics course. I am a first generation Bologna Process student. Since starting college, I have had two practices a day, six days a week (bar Sunday), each practice on average lasting two hours. The Croatian Olympic Committee categorization has significantly alleviated my student obligations of attending the requisite number of lectures to complete my courses. During my undergraduate studies I was awarded III. Category Top Athlete status (50 % permitted absence), and during graduate studies I. Category Top Athlete status (70 % permitted absence). The undergraduate studies are characterised by the prevalence of practical classes requiring a great amount of physical effort which somewhat hindered my athletic practices, but the graduate studies are prevalently comprised of theoretical classes making it easier to focus on training. My faculty professors and my coach Tigran Gorički have been of immense help in coordinating my study obligations. Himself also being a Faculty of Kinesiology graduate and a member of the Croatian gymnastics national team, my coach was able to bestow me with innumerable advice.

education through sport

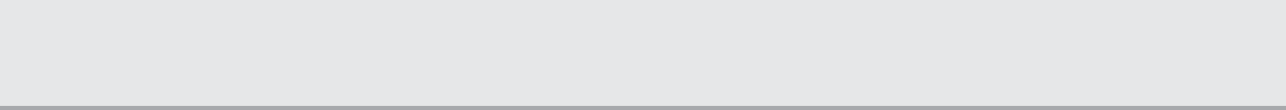
The professors were very forthcoming in allowing me to attend lectures with other groups whenever my obligations (practices, preparations, competitions) prevented me from participating in lectures scheduled for my own group. There are two other key facts which enabled me to coordinate practices with college obligations and obtain undergraduate ABD status. Firstly, I train and live in Zagreb, and my practice hall is a mere 15 minute drive from the faculty. Secondly, my coach trains only myself and my colleague Marko Breza, also a member of the Croatian gymnastics national team and a fellow Faculty of Kinesiology student. Therefore we could agree on practice times and coordinate them with our faculty lectures and obligations.

My personal goals in sport are not strictly defined. I intend to practice gymnastics for as long as my body and health will allow (top gymnasts on average train until the age of 30), develop my potential to the maximum and achieve as many excellent results as possible on the high bar. After my sports career, probably even during, I would like to take up the position of artistic gymnastics assistant at the University of Zagreb Faculty of Kinesiology.





Engso
members
BEST
PRACTICE
EXAMPLES
in DUAL
CAREER



Swedish Sports Confederation and Linnaeus University Sweden
Stefan Lund

Policy reforms and sport education in Swedish upper secondary schools

This report is financed by the Swedish Sports Confederation and has two major purposes. The first aim is to describe sport education in Swedish upper secondary schools, its organisation, purpose and the types of co-operation involved. The second aim is to discuss the impacts that recent policy reforms have had on current sport education.

The national survey is based on web data from all of Sweden's upper secondary schools, interviews with representatives from eight sports federations and an instructor/teacher survey (n=203). The policy study also looks at different government bills.

Decentralisation policies in Sweden have facilitated the possibility for local participants to develop upper secondary school profiles regarding organisation, co-operation and content. One of Sweden's most common school profiles in upper secondary education today is sport. The results from the national survey show that Swedish upper secondary schools have never had such a widespread, extensive and varied sport education as today. Pupils with a wide range of sporting and educational interests, aspirations and skills have the opportunity to participate in various types of sport programs and courses, directed at elite sport, recreation and/or sport leadership. Seventy-five percent of Sweden's 290 municipalities provide sport education and one in ten pupils are participating in various sports-oriented courses. A slightly higher percentage of boys than girls participate in sports training and the teaching is dominated by male instructors. In seven out of ten Swedish municipalities, students can choose to integrate their sport education with both college preparatory and vocational programs. The education usually extends over three years and the sport training occupies ten to forty percent of the total amount of education in an upper secondary school program. Altogether, fifty-two sports are represented in upper secondary school education, but the most popular Swedish youth sports - football, ice hockey, handball, floorball, equestrianism and golf dominate the athletic offer of upper secondary schools. These sports have a wide geographical spread, and in large and medium-sized cities target sports training to students with different sporting skills and ambitions. In those sports, young

people can choose to combine upper secondary school education with sporting performance close to their home and their sport clubs.

Recent educational reforms have emphasized a centrally governed management system directed towards two similar types of elite sport programs. This will strengthen the development of elite sport in upper secondary schools and increase its relevance in today's sport education. At the same time the reforms will limit the possibility of upper secondary schools developing sport related courses that are connected to the local sport culture. It is argued that these changes risk increasing an already strong social selection in sport education. The reforms also ignore the opportunities that upper secondary schools have: of arranging sport education equally and fairly; pupil's opportunities of combining sport education with college preparatory or vocational programs; and finally, existing knowledge about talent identification and talent development in sport.

Key words: sport profiled education, education policy, upper secondary school, elite sport

Confederation of the Slovak Sport Federations

Zdenko Kriz

Education and Sport – Dual Career

The Slovak Olympic Committee has been organising the TOP Team project since the year 1999. The project includes and financially supports top sportsmen who are the best at summer or winter Olympic sports and have a realistic chance of success in the Olympic finals or of winning up to the 8th place. As of 2001 the Slovak Olympic Junior team is also. It consists of young sportsmen with chances to participate on the Olympic Games in the near future.

There are special lectures about dual carriers organized for these groups of sportsmen by the Slovak Olympic Committee. The meetings are conducted by the Chairman of the Sportsmen Commission NOC Slovakia, the Olympic Games silver medallist in shooting Jozef Gonci. Moreover, there are other meetings with specialists organized for these sportsmen during which they can gain practical knowledge about further activities after an active sports carrier. NOC Slovakia includes mainly former Olympic Games participants into its activities, the executive body included e. g. the Olympic winner in cycling Anton Tkac, the former high jumper Maria Mracnova, the shooter Jozef Gonci and the canoeist Lubor Stark.

Key words: top level athletes, education, meetings, career after sports career

Czech foundation of sport representation

Jan Boháč

The Elite Athletes Retraining

This metropolitan project in the area of “out of sport transition”, was supported by the EU and the municipality of Prague, and was implemented by the “Czech Foundation of Sport Representation”.

Brief explanation of project:

The project was prepared by the charitable organisation “Czech Foundation of Sport Representation” in partnership with a non-profit NGO and the Elite sport centres (state). It was primarily conceived as an individualised career counselling and retraining program for elite athletes, but also for former Czech national team athletes, who were unemployed. The participants, during 19 months of the summer and winter sports season including top events, undertook an intensive individualised future career preparation program, composed of motivational activities, counselling services, career and personality tests, and retraining.

Summary: The project ran from 1st December 2006 to 31st August 2008, so 21 months in total. The target group was approximately 450 athletes from the Czech elite sport centres, potentially threatened with unemployment after finishing their athletic career, as well as unemployed former athletes. From these two groups the participation of a minimum of 185 athletes and a minimum of 15 former athletes was expected. Project managers had considered mainly two potential risks. The low interest of the target group was addressed through the promotion of the whole project in Elite sport centres and in cooperation with trainers. Only the managerial risk was seen to be the infringement of the schedule. In total 185 athletes used the counselling services, 143 took part in motivational activities, 43 in career and personality testing, 234 in retraining (masseur: 75, computer skills: 133/8 different courses, business skills: 23/3 different courses, 3 other individual courses as demanded). Some of the athletes participated in more than one activity. As expected, only a few adjustments to the Olympic preparation schedule had to be made during the implementation of the project compared to the plan. The total budget was 5 873 375 CZK (approximately 225.000 EUR) and was provided by European Union structural funds and the Municipality of Prague.

Conclusion:

The main project goals were fulfilled in the end, although at 30th November 2007, 11 months after project had started, the total number of participants was only 80 out of the 200 planned at this stage. The real turning point was the final appeal “Last offer of retraining courses for free”, which was sent out on 21st January 2008. In the last few months the total number of participants had reached the planned target. Notwithstanding the proposal of the organisers, the experiences gained will be used in future projects and in other regions of the Czech Republic.

Key words: elite athletes, retraining, career counselling

Sporthilfe Österreich Institutions

Michael Trinker

Career Afterwards

Career Afterwards (Karriere Danach) is a project in the field of dual careers and focuses on the integration of athletes and coaches into the labour market. It aims at providing a security net for the aforementioned target groups seeking employment. The programme helps its clients to identify skills and job interests and designs tailored educational programmes to facilitate the transition from sport into work. Furthermore, the project's established business network provides added value for its clients. Karriere Danach has been supporting 240 athletes and coaches since its inception in 2006. The project receives financial support from the national Job Center Service (AMS) – an employment initiative of the state.

The "WIFI & Sports Foundation Academy"- Crossing Borders between Top-Sports Training and Vocational Training, is a unique project supporting top-athletes during their sports-career with tailored vocational education and training. WIFI consulted 200 athletes one third of which attended vocational education and training courses.

Key words: athletes, coaches, labour market, business network

Olympic Committee of Serbia

Miloš Milenković

Athlete Career Programme

During their sporting career, athletes make extraordinary efforts and show great commitment and energy. Their success is enjoyed and supported by their clubs, associations and the public in general. Upon completion of their sport career the public interest decreases and gradually athletes return to “normal life”. It is then that the need for additional knowledge and skills arises. This programme shows the importance of education, and the importance of thinking in advance about the life that follows after the sport. Sports institutions and particularly coaches have a very important role in the life of an athlete. They have an opportunity to create sporting champions and, in addition, to emphasize the importance of education, planning for future life and how to manage various activities in their daily schedule.

The Olympic Committee of Serbia in cooperation with the Adecco Group provides direct assistance to all active and former athletes in terms of their transition to the labour market. The Athlete Career Programme consists of three pillars: education, life skills and employment. The NOC Serbia, on its official web site, provides tools and guidance in each of those fields by including useful fact sheets. Through interviews, tests and seminars, the Adecco Group is supporting this programme and creating athlete profiles based on their individual qualities, abilities and desires. Finally, athletes are entered into the Adecco database which provides them with opportunities of finding a job. It is also very important to establish good connections with the business world and to provide the companies with benefits of hiring an athlete as well as how, and when, the contact should be established.

Objectives: 1. Successful transition from the sports field to the labour market, 2. Providing support to athletes, 3. Planning and preparation for life after sport.

Summary: Starting date: October 15, 2009. Structure of the programme: Contact with sports federations – Seminars for athletes and coaches – Adecco interview – Entering data base – Plan of improvement – Contact with NOC sponsors and partners - Creating web page – Permanent contact. Programme pillars: Education, Life skills, Employment. Programme users: Young athletes, Top athletes, Former athletes and coaches. Activities so far include: 11 sports federations, 70 athletes, 30 coaches. Stakeholders: Olympic Committee of Serbia, Adecco Group, Ministry of Education, Sports Federations, NOC Serbia sponsors and partners. Strengths:

Desire to succeed, IOC partnership. Weaknesses: High unemployment, Economic crisis. Opportunities: Coordination with Ministry of Education to develop educational programmes for athlete-students, Bigger interest from business companies, Better recognition from the coaches. Threats: Extended economic crisis.

The idea of this programme is to provide support to the athletes, and create socially responsible thinking among different stakeholders which will provide the athletes with a successful transition from sport to the business world.

Key words: social integration , support, partnership, determination

Croatian Olympic Committee and Ministry of Science, Education and Sport
Vrbek, B., Caput-Jogunica R., Kovačević Z., Muždalo N.,

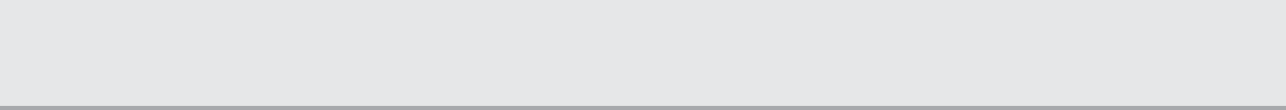
Perspective and Top Level Athletes in the Croatian Educational System

The Croatian Olympic Committee in cooperation with the Ministry of Science, Education and Sport have started the Project *Perspective Athletes in the Croatian Educational System* in 2008. The main objective of the Project is introducing the educational (secondary and high schools, universities) and sports public to the problems young talented athletes are experiencing in the educational system. For this purpose, round tables were organized at all universities, with the headmasters of all Croatian secondary schools and with the university deans. The perspective and top level athletes studying at the universities participated in the round table discussions. After all meetings and consultations, the participants concluded, that the following: 1. In secondary schools: lack of quality communication and cooperation between schools and sports clubs (teacher – athlete – trainer – parents), 2. In universities: the main athlete problems are the lack of time schedule flexibility, lack of support by mentors and others as well as exam timetables. Because the universities and its faculties are autonomous, we are not able to solve the problem in entire system. Sometimes the athlete's position depends on the professor's understanding at the faculty where she/he is studying. The Ministry of Science, Education and Sport in cooperation with the Croatian Olympic Committee drafted the national document *Recommendation for the Study Conditions of Perspective and Top Level Athletes at Croatian Universities and Colleges*. The major aim of this document is to motivate high level educational institutions to support the education of athletes by implementing some of the following recommendations: flexibility of lesson attendance, study time and exam dates, support from teachers, flexible disposition of teachers, e-based learning, etc. In order to determine the universities and faculties which have already implemented some of these items, we have sent the questionnaire to all universities. Analysis is in process. Croatian Olympic Committee has to find a way of improving cooperation between the trainers and schools. Some of the measures could be the following: to organize workshops in cooperation with the trainers' association in a particular sport (for example: handball, basketball, etc.), to create and launch educational programmes for trainers related to dual careers, and to define the cooperation model between educational institutions and sports clubs with the aim of improving the socio-environmental conditions.

Key words: NGO- GO Project, Recommendation – national document, environment



UNIVERSITY EXAMPLES



University of Dubrovnik

Saša Selmanović

The Role of Sport at the University of Dubrovnik

In its pursuit of modern standards of strategic and academic development, the University of Dubrovnik recognizes the diverse role of sport. At the competitive level it serves as a great tool of self-promotion, however, more importantly, it serves the general student population as a vital addition to academic progress. Research has shown (Grissom, 2005; Trudeau, et al., 2008.; Chomitz, et al., 2009.; etc.) that active engagement in sport is closely linked to academic excellence.

As the first university in Croatia to implement degree standards in compliance with the Bologna Process, the University of Dubrovnik early on set high teaching standards by offering quality study in fields directly connected to the demands of the Eastern European market. Undergraduate and graduate studies offer specific programs in the areas of Economics, Art, Media and Public Relations, Marine Engineering, Aquaculture, Electrical Engineering and Computing.

Within all undergraduate studies, it is important to mention that *Physical Education* is included as a mandatory subject for all first and second year students. In accordance with PE norms, students are required to engage in a minimum of two hours of physical activity per week. This is standard practice in all Croatian universities as a provision for the care of students' physical health and well-being. Having direct experience of students' athletic potential, PE teachers are able to select individuals to form the University sport teams that represent the University in various intercollegiate competitions. The University Sports Association assembles 11 athletic teams (*men's soccer, men's basketball, women's volleyball and beach volleyball, men's and women's rowing, men's and women's judo, men's and women's table tennis, and men's handball*) that regularly participate in various national and international tournaments. The Association annually organizes two distinctive student sport events: the rowing regatta of eights "Semper Primus" and an international basketball and volleyball tournament, which attract student teams from all over Europe.

The University of Dubrovnik recognizes the value of athletic excellence. Various professional and potential young athletes attend the University each year. Some of them have already achieved notable Olympic or world championship awards – in swimming and water polo in particular. By the official statute, the University meets the exacting demands of such athletes by offering a number of educational

policies that allow some adaptation of their busy schedule in cases where they are recognized by National Olympic Committee as prospective athletes. In particular, the University offers: permitted absence – up to 50% of total class hours (by written explanation); certain adjustments to exam timetables in accordance with availability, various possibilities of distance learning by agreement with subject professor, additional counselling if necessary, and so on. In this manner students are enabled to successfully meet both their academic and athletic obligations.

In its concern with all areas of academic excellence, the University of Dubrovnik can be commended for its recognition of sport and recreational activity as one of the essential tools in its development as a modern institution of higher education in this part of Europe.

Semmelweis University, Faculty of Physical Education and Sport Science
Judit Farkas

History and Future Concepts of Hungarian Dual Career Programmes

Due to long time traditions of combining sports and education, programs supporting an athlete's academic career have been introduced as early as 1995. However, the transfer of athletes into the labour market has not been in focus until 2005, when the first initiative was taken. Hungary's major non-governmental sport organisations are the Hungarian Sports Confederation acting as an umbrella organization for sports federations and the Hungarian Olympic Committee.

Transfer 1: helping athletes to obtain qualifications via higher education studies

The Olympic Pathway Programme: bi-lateral agreements initiated by the Hungarian Olympic Committee to involve higher educational institutions in an athlete's dual career have begun in 1995, marking its official start in 2002. In the interest of establishing mutual cooperation, and to emphasize the importance of supporting athletes, HOC president and University rector signed the agreement with high publicity and ceremony. Today, 26 HEIs provide sportsmen with specific study arrangements and services. Among many advantages, higher educational institutions receive positive publicity through the general media. Semmelweis University is the major educational stakeholder hosting the management/administration of the programme and has the highest number of athletes participating in the Programme.

Transfer 2: helping athletes to compete and work, or enter the labour market

Within the collaboration of the Hungarian Sports Confederation and AXA Hungary, Insurance Division athletes can receive career counselling, help in preparing their professional CV and supporting documents, help in job search, and actual offers for an employment at AXA Hungary, Insurance Division. Launched in 2005 by the Hungarian Olympic Committee and Adecco, a second programme has so

far supported 20 top level athletes with career building advice and national or international job placement. In addition to these programmes, contacts have recently been established with several multinational companies and with the National Alliance of Entrepreneurs allowing them to cooperate in integrating athletes into the labour market.

Future Concept

Expectations are high towards building a national concept for dual career for two reasons: the main stakeholders of Hungarian sport established a Partnership in 2009, and in the autumn of 2010 the supervision of the National Sport Strategy will be put on the agenda. Inputs from Athletes' Commissions, outcomes of the EU funded Athletes to Business Project, other nation's best practices, as well as the tool of LLG (Life-long Guidance), all the aforementioned are possible sources for the creation of comprehensive policies and practices that overarch an athlete's lifetime: from early childhood until employment. All sport professionals and teachers, all types of sport organisations and schools have stakes in this enormous project: they work with the biggest capital of the society, the person.

Keywords: Transfer to higher studies, Transfer to labour market, National concept, Life-long guidance.

Dala Sports Academy

Patrik Söderkvist, Bengt Nybelius

Dala Sports Academy – a Successful Story of Dual Careers in Sweden

Dala Sports Academy is a collaborative project between the Dalarna University and the regional councils of Falun and Borlänge. Its purpose is to develop a strong athletic environment with the best possible conditions for elite athletes to study while pursuing sports. A further purpose of the project is to promote entrepreneurialism in the areas of sport and health. Dalarna University has a well-developed system for flexible studies, including the most advanced system in Sweden for web-based learning. These factors form the basis of the innovative Dala Sports Academy.

Dalarna University has been offering athletes the possibility to combine elite sport with higher education since the mid-1980. During these 25 years we have had great success in both receiving international medals (approx 100), including Olympic Gold medals, and athletes that are well prepared for their second career after their sports careers have ended. Today, approximately 85 athletes study while continuing with their elite sport activities. Focus is on cross-country skiing, track and field, orienteering, ski-orienteering, track and field, cycling, canoeing-slalom, and triathlon. This autumn we are also starting up the sports of football, floorball and bandy.

Dala Sports Academy is putting the athletes in focus by helping them with different services such as counselling, flexible studies, trainers, joint trainings, facilities, tests, sports medicine etc. Within Dala Sports Academy and the university we have broad competence in both sport research and development, which is heavily used by the trainers and the athletes in their development. We have a special department of sport sciences, LIVI, that offers frontline research in the field of sport and human biology. In collaboration with various sport organizations and agencies, projects are in place for research and development. With our 25 years of experience in dual careers we are now about to initiate a framework within the next dual career “sports and work”. Since 2009 we have been working with a concept to make the transition between the end of the studies and the start of work, all this combined with a further commitment on the sports career. To prepare for this transition we are offering companies and organizations to hire our students for small projects and jobs during the summer holidays. This is

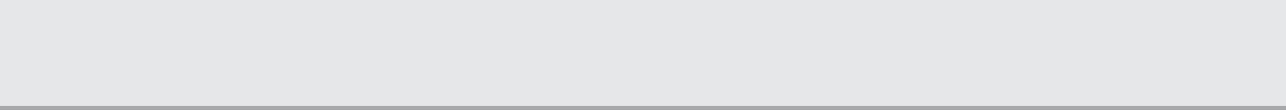
a good way for our athletes to get some real life experience during their studies. A further step is also that we have contacts with HR-companies and recruiting firms which, together with their customers, see great possibilities in hiring a top athlete. Dala Sports Academy also works with creating a kind of Sports-Trainee program that can be implemented within a company or organization with the aim of making the employment fit the athlete's sports career.

Keywords: athlete in focus, coaches on international level, flexible studies, web-based learning, career transitions

university examples



OTHER
EXAMPLES
RELATED TO
EDUCATION
AND SPORT



French National Olympic and Sports Committee

Simon LEVEQUE

The National Youth Olympic Camp

As the IOC developed a strategy to bring Olympism to young people, the CNOSF built the National Youth Olympic Camp in 2006, in collaboration with the French National Olympic Academy and the Primary School Sport Union (USEP federation). The main objectives of this project are to use sport as a means of increasing knowledge and Olympism as an educational tool, to promote the Olympic values, and to raise the children's awareness of an active lifestyle.

Each year, after a call for projects, out of the four best primary schools applied, one classroom is selected by the CNOSF to participate in a week of sports, sciences and cultural activities. Before the camp, children discover Olympism in multi-disciplinary work, meet athletes and local sport protagonists, and practice sports. During the camp, children meet in mixed activities and live the Olympic spirit on the last day by taking part in the little Olympics. After this week, pupils can share their experience by writing in school newspapers, on the Internet... They sometimes organize little Olympics for the entire school, using Olympic symbols and building Olympic ceremonies.

The CNOSF provides data for teachers: the French file "Olympism Serving Youth" with method and activities sheets, and a practical file about the week at the camp. During the week, there are three sport activities, two activities related to legacy and environment, a scientific workshop, and cultural activities: interact with champions, Olympics preparation, Olympic history, sport and health, sustainable development. Pupils can also experience disability sports.

Children return amazed about this week, especially about scientific activities and the little Olympics. Teachers sustain that the Olympic week brings a team spirit in the class. It enables them to get to know their pupils better. It also gives schools the opportunity to create links with local sport clubs, political institutions, and between the Olympic Movement and the Ministry of Education as well.

Recently, the project was included in the Olympic Values Education Programme of the IOC. The success of this project led the CNOSF to create a Culture and Education Program in 2009 and 2010, and to commit to three objectives :

- To promote Culture and Education and to represent the Sport Movement on this topic.
- To accompany educational projects of the Sport Movement.
- To contribute to the development of new projects and to coordinate key programs.

Key words: Olympic education, active lifestyle, programme, sport values, culture.

National Olympic Committee of Turkey
Ekmel Totrakan

“SPORT CULTURE AND OLYMPIC EDUCATION PROJECT”

The National Olympic Committee of Turkey’s Culture and Olympic Education Commission has prepared and initiated the “Sport Culture and Olympic Education Project” for 4th and 5th grade students in Turkey.

This interactive educational program, prepared with the help of experts, includes the topics of Olympic sports and disciplines, Olympic values, our body and movements during sport activities, benefits of sport, importance of nutrition, Fair Play, environment and sport. Presentations are being carried out either at the Olympic House or at the school halls in different cities in Turkey.

During interactive presentations and video shows, as part of the programme, students were asked questions and given small presents if they provided the right answers to the Olympic and sport related questions.

A mascot created and named OLI takes active part in the presentations. Words of a famous Turkish children song have been re-written for this project (now called My friend OLI) and students participating in the project sang the song during and at the end of the presentation with OLI the mascot.

Surveys were prepared and after each presentation, students were asked what they had learned and if the presentation was effective and made a difference.

Interactive web site for the project www.olimpistler.org.tr gives information on the Olympic summer and winter sports, games, related links, sport dictionary, club membership applications.

Carrying out this project with as many children as possible is crucial for the development and promotion of Sport Culture and Olympism in Turkey.

Practical advices:

- It is very important to collaborate with experts when working with a certain target age group;
- The educational programmes should be interactive; the children should learn, enjoy themselves and be motivated by the educational programme;

- The programme should include questions and answers to keep them focused;
- The video and question parts should not last more than 5 minutes;
- The children should be rewarded for their achievements and rewards should be handed personally at that moment;
- Before and after the presentations, it is important to get the information about their level through questionnaires;
- The interactive presentations should take place at the halls where they get together;
- Creating a mascot is important for children to learn with joy and a mascot is a very effective tool;
- It is very important to have a children friendly and likable presenter for the programme, who communicates well with the children.

Key words: Olympic movement, education, children

EAS-Network
Bengt Nybelius

Presentation of the EAS-Network

The EAS-Network, the European Network for High Performance Sport and Education, has its origin in an EU Project implemented during 2004 - the EU Year of Education through Sport. The project name was The European Athlete as Student (EAS). It was very successful and almost 20 countries participated in its activities. As a result, it was decided that the participants should be invited to a conference at Dalarna University, Falun/Borlänge, SWE. There the network was formalized, and the secretariat was awarded to the City of Oulu, FIN. In 2008 the secretariat moved to Dalarna University. The network has been constantly expanding and today has 54 members from 24 European countries

Representatives of the EAS-Network were invited by the EU Sport Unit to the seminars which prepared the White Paper on Sport, launched in 2007. At the seminars the EAS-Network successfully argued for the adoption of the combination of sport and education, the “dual career”, into the White Paper aiming at securing the future of the top athletes.

The main aim of the EAS-Network is, as previously mentioned, to support European athletes in combining high performance sport and education. Supporting the “dual career” means that it strives to optimize the training conditions for athletes/students, but also that it enables their future by allowing them to obtain an education or vocational training. In that way they can have a safe platform to start from when their sports career is over.

- The EAS-Network has as its ambition:
- To find and unite partners involved in high performance sport and education,
- To identify and exchange best practices between countries and institutions,
- To present suggestions to the decision makers about the conditions for improving high performance sport and education,
- To act as a link between educational institutions and sport organisations,

- To develop research projects in the field of high performance sport and education.

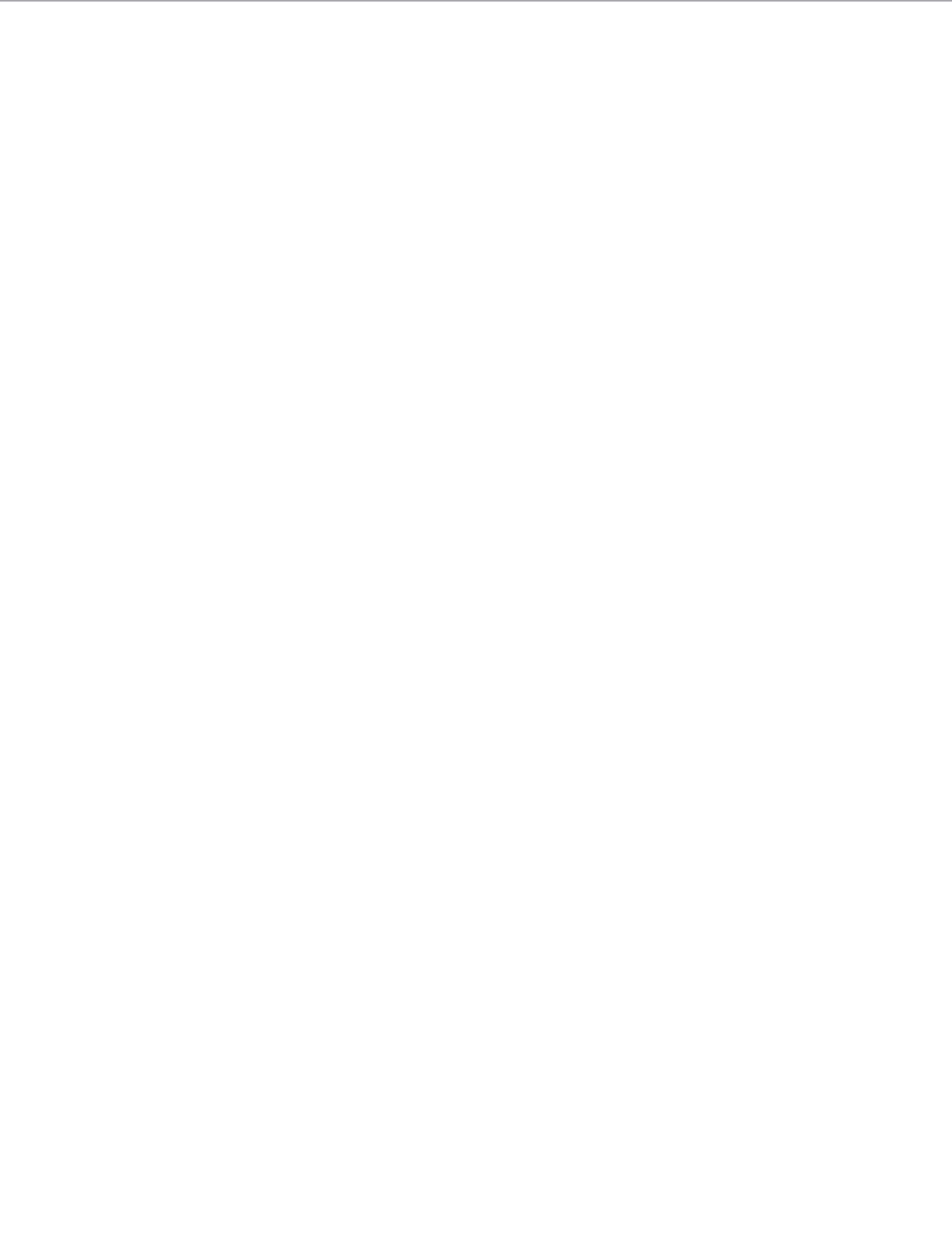
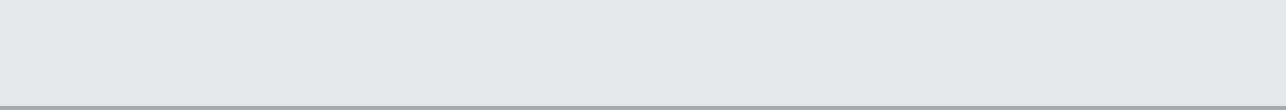
Members of the EAS-Network are Universities and other Higher Education Institutions, Sport Academies and Vocational Schools. Among the prominent members are, for example, INSEP - the famous institute for Sport and Education in Paris, and Loughborough University in the UK. It organizes an annual conference. This year's conference was held at Lisbon University, another distinguished member of the network.

The EAS-Network has a partner agreement with ENAS, the European Sport-for-all organization, and cooperates with, among others, EOC, ENGSO and FISU. Like ENGSO, the network is also a member of the A2B initiative, financed by the EU Commission. Represented by the University of Rome it also participates in the WILD project, coordinated by ENGSO. Furthermore, the network takes part in the Stakeholders Consultation for a Study on "The Lisbon Treaty and EU Sport Policy".

In 2009 the EAS-Network was presented to representatives of the EU Sport Ministries at the Sport Directors' Informal Meeting in Stockholm. There was also a presentation of the EAS-Network in the IOC Congress -book in Copenhagen.

The member institutions of the EAS-Network are certain that the most important issue for developing a good system for the dual career for top athletes is a fruitful cooperation between sport organisations and educational institutions. They are prepared to take upon themselves the necessary obligations for achieving good results in this field.

other examples



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