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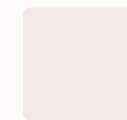
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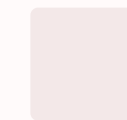
# HEPA Support Research Plan

Sports activities and policies of our local and regional political communities



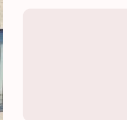
Evidence-based  
policy development

Integrating research into  
community sports  
frameworks



Multi-stakeholder  
approach

Connecting researchers,  
policymakers and  
community leaders



Health-enhancing physical activity

Promoting active lifestyles through strategic policy interventions



**ACTIVYOU**  
» » »



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# Activities and Sports Projects of the City Council of A Coruña

(Galicia, Spain) 

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# Activities and Sports Projects of the City Council of A Coruña

(Galicia, Spain) 

The City Council of A Coruña offers a wide range of activities and sports and sports programs for all citizens.

These initiatives seek to improve the quality of life and promote promote healthy habits throughout the population.

Video



# Commitment to Citizen Well-being

## Physical Activity as a pillar

The City Council acknowledges the importance of sports for the well-being of its citizens.

## Inclusive Programs

Activities designed for all ages and different abilities.

## Improved Quality of Life

Programs aimed at promoting healthy habits the population of A Coruña.

Video



# Municipal Sports Schools



## Programs for minors (6-17 years old)

Aikido, Athletics, Badminton,  
Badminton, Boxing, Climbing,  
Climbing, Swimming, Skating  
Skating and more...



## Activities for adults (+18 years old)

Dance Sports, Yoga, Nordic  
Walking, Pilates, High-Intensity  
Training and Zumba.



## Programs for seniors (+60 years old)

Healthy Back, Flexibility, Physical Maintenance and Adapted Swimming.  
Swimming.

Video



# Commitment to Inclusion



## Activity Period

Academic year from October to June with options for all citizens.



## Adapted Programs

Specific activities for people with disabilities that promote sports inclusion.



## Specialized Care

Sessions designed for pregnant women to ensure their well-being.



## Universal Participation

Commitment to the integration of all segments of the population of A Coruña.  
Coruña.





# Aquatic Sports

## School Swimming

Program for school-aged children to develop basic aquatic skills.

Encourages early familiarity with the aquatic environment and swimming techniques.

## Prenatal Swimming

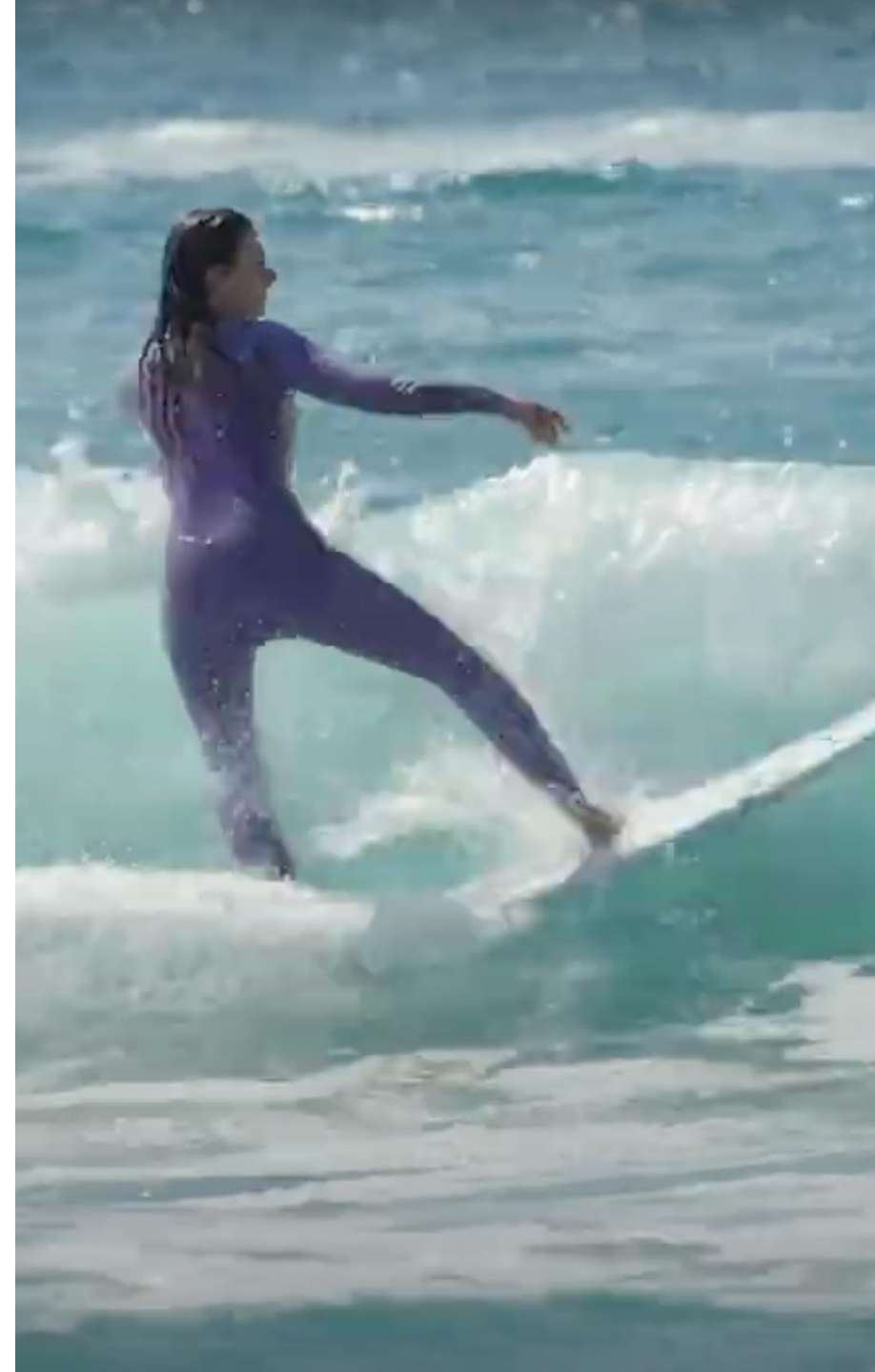
Monthly sessions specifically adapted for pregnant women.

Improves physical condition and provides low-impact exercise.

## "Coruña no Mar"

A unique initiative that connects residents with their coastal identity.

Takes advantage of maritime infrastructure to promote local water sports.





# Municipal Sports Camps



## Vacation Periods

Recurring programs during school holidays for youth.



## Activity Diversity

Multiple sports disciplines adapted to different ages.



## Skill Development

Fosters athletic abilities and values of teamwork.



## Socialization

Space to make new friends in a healthy environment.



# "Coruña en Forma"



## Urban Spaces

Use of parks and squares for outdoor sports activities.



## Community Impact

Encourages an active lifestyle while enjoying public spaces in A Coruña.



## Free Access

No cost, no participant limits, limits, and no prior registration required.



## Offered Disciplines

Tai chi, Zumba, Pilates, Yoga between the available activities activities for all levels.

Video





# "Coruña Corre": Promoting Promoting a Running Culture

The "Coruña Corre" circuit offers popular races of various distances, including the emblematic Coruña10, Coruña21 and Coruña42.

These races are organized in different neighborhoods to foster local community participation.

The City Council plays an active role in promoting running. The city shows a strong sports culture.

Video



# Snow Campaign: Bringing Winter Winter Sports Closer



## Institutional Collaboration

The City Council participates in this initiative organized by the Provincial Council.



## Location

Held at the Valgrande-Pajares winter resort in Asturias.



## Participants

Targeted at boys and girls aged 11 to 15 registered in the province.



## Objective

Provide access to winter sports beyond municipal resources.



# Municipal Sports Council: Citizen Participation

## Giving Everyone a Voice

Represents all dimensions of local sports.

sports.

From grassroots to elite international

sports.

## Effective Collaboration

Facilitates citizen participation in local

public life.

Aims to enhance and strengthen the entire

entire sports ecosystem.



## Diverse Composition

Includes representatives from sports

organizations.

Also includes social organizations and

and entities from the city.

## Reflection Space

captures specific needs within the sports

sports field.

Develops joint proposals to improve sports

in A Coruña.

# Sports Volunteering: Active Participation

## Requirements

Be over 18 years.

Be willing to collaborate in local sports projects.

## Opportunities

Actively contribute to the local sports scene.

Participate in the organization of municipal events.

## Benefits

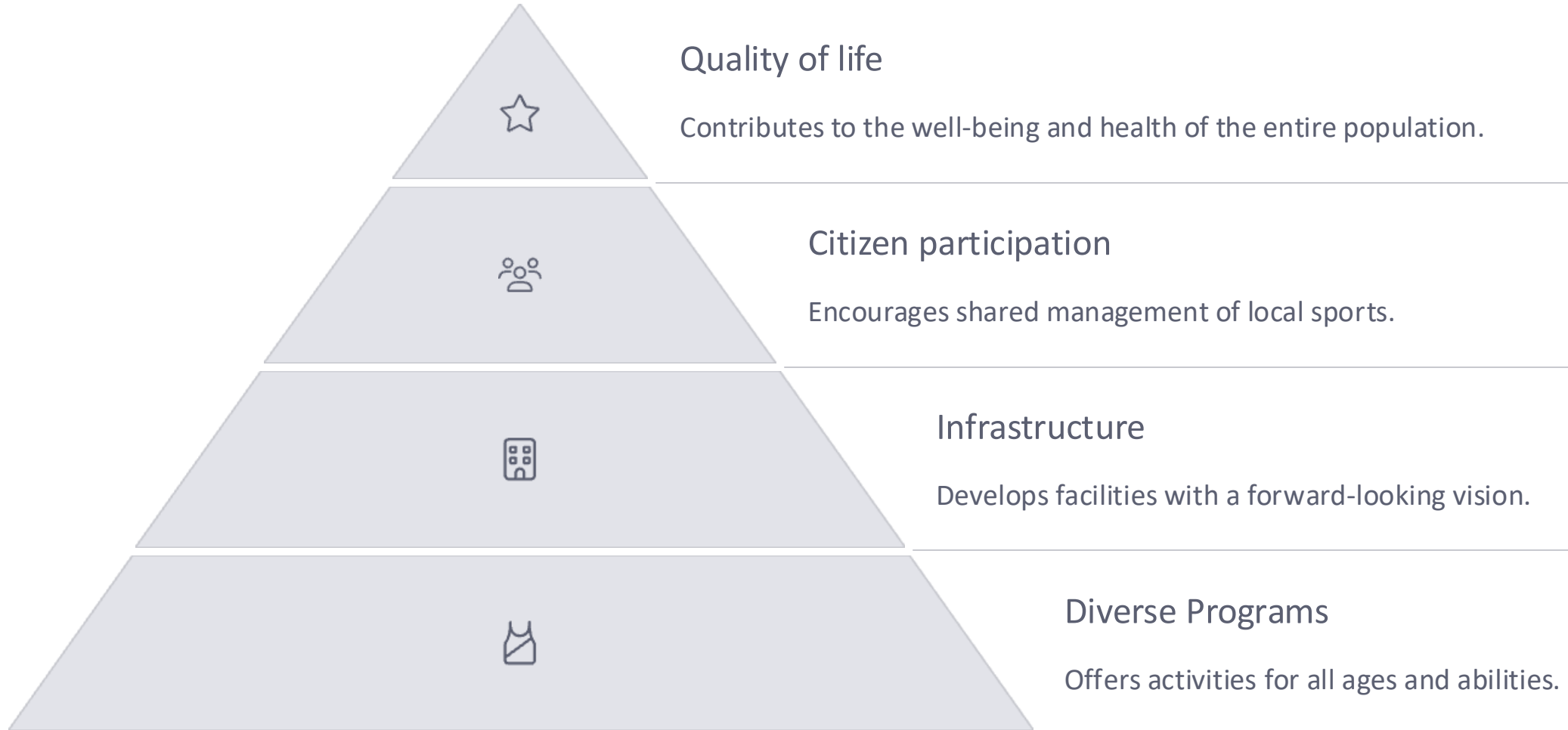
Fosters community spirit among residents.

Enables participation beyond direct sports practice.





# City Council of A Coruña's Commitment to Sports



The City Council positions itself as a key player in the sports environment. Its commitment spans from sports schools to volunteering.



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# Activities and Sports Projects of the City Council of Přerov

(Czechia) 

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# Activities and Sports Projects of the City Council of Přerov

(Czechia) 

The City Council of Přerov provides diverse sports opportunities and programs accessible to all residents.

These efforts aim to enhance overall well-being and encourage healthy lifestyles across the community.





# Commitment to Citizen Well-being

## Physical Activity as a pillar

The City Council affirms the role of sports in supporting community well-being.

## Inclusive Programs

Inclusive opportunities for all ages and skill levels.

## Longevity focus

Programs focused on encouraging healthy lifestyles among Přerov's residents.

# Municipal Sports Schools



Programs for minors (6-17 years old)

Football (Soccer), Ice Hockey, Handbal, Volleyball, Basketball, Tennis, Badminton, Gymnastics, Swimming...



Activities for adults (+18 years old)

Fitness & Outdoor Workouts, Canoeing & Rowing, Hiking, Trekking...



Programs for seniors (+60 years old)

Low-impact fitness routines, senior-friendly outdoor equipment in public parks



# Commitment to Inclusion



## Activity Period

Academic year from September to June with options for all citizens.



## Adapted Programs

Targeted programs for individuals with disabilities that encourage participation and inclusion in sports.



## Specialized Care

Swimming sessions specially designed for pregnant women to support their well-being.



## Barrier-free access

All stadiums and sports halls in Přerov provide barrier-free access.





# City of Přerov Sports Festival

It is an annual two-day sports event held at Přerovské povstání Square. In 2025, it will take place on Friday, June 6, and Saturday, June 7. The event is organized by the statutory city of Přerov in cooperation with the organizer Jan Leitkep.

## School Program:

The morning is dedicated to school groups who can participate in various sports activities and demonstrations.

## Public Program:

From 1:30 PM to 5:00 PM, the event is open to the general public, including children and parents who can try out different sports and activities.

## Sports Demonstrations and

## Tryouts:

More than twenty sports clubs and teams from Přerov and the surrounding area showcase a wide variety of sports including hockey, football, basketball, volleyball, floorball, tennis, American football, athletics, swimming, water polo, BMX, boxing, inline hockey, karate, rowing, foot volleyball, handball, rope skipping, gymnastics, majorettes, and badminton.

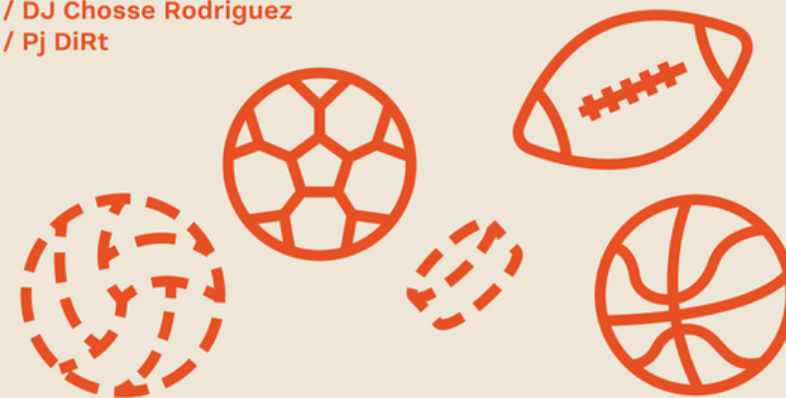
# Přerovský den sportu

6/6 2025

náměstí Přerovského povstání

## Program

9:00 začátek akce  
10:00 zahájení turnaje  
/ O pohár primátora města Přerova 3x3 Basketball  
13:00 vyhlášení výsledků  
13:30 prezentace sportů  
/ DJ Chosse Rodriguez  
/ Pj DiRt



Nebud' lama - flexi s přílbou - bezpečí na kole začíná na hlavě (pro 6. a 7. ročníky ZŠ)

Hematologicko-transfúzní oddělení Nemocnice AGEL Přerov / Městská policie Přerov / Poradna pro rodinu



# Shared Bikes

There will be 160 bikes available at 60 stations across the city, operating from March to December. Since their introduction in summer 2023, the bikes have been extremely popular, with nearly 12,000 registered users and about 250,000 rentals in 2024. The most cycling place in Czechia is Přerov.

In March, Přerov's popular shared bikes, operated by nextbike, will be relaunched with a fresh new city design. The first 15 minutes of using the bike are free.

# GEROY – An Extreme Obstacle Race in Přerov

Annual race in Přerov with a 9 km course and 30+ obstacles. Includes mud, water, climbing, and crawling challenges. Open to individuals and teams.

Aims to promote fitness and community spirit.

GEROY Kids: Safe obstacle course for ages 6–14.

GEROY Ultimatum: Short night race in Beňov (700 m, 12+ obstacles).

GEROY Bike: New race combining cycling and obstacles.

Encourages youth volunteer participation.







# City of Přerov – Supporting Sports

Přerov actively supports sports through structured funding categories:

- Category A: Professional and top-level competitive sports (e.g. ice hockey, football clubs).
- Category B: Youth and amateur sports organizations.
- Category C: One-time sports events, competitions, and community-based activities.

The city offers financial support, facilities, and promotional opportunities to boost local sports development.



# Connection Between Schools and Sports

Přerov encourages sports through school-specialized programs:

- 🏒 ZS Želatovská – specialization in ice hockey.
- ⚽ ZS Za Mlýnem – specialization in football.
- 🏐🏊 ZS Velká Dlážka – specialization in volleyball and swimming.

These schools work closely with local sports clubs and coaches, creating a strong foundation for youth athletic development.



# The First Three Sport-Related Projects in Přerov's Participative Budget

## Fit Trail through Přerovský luh

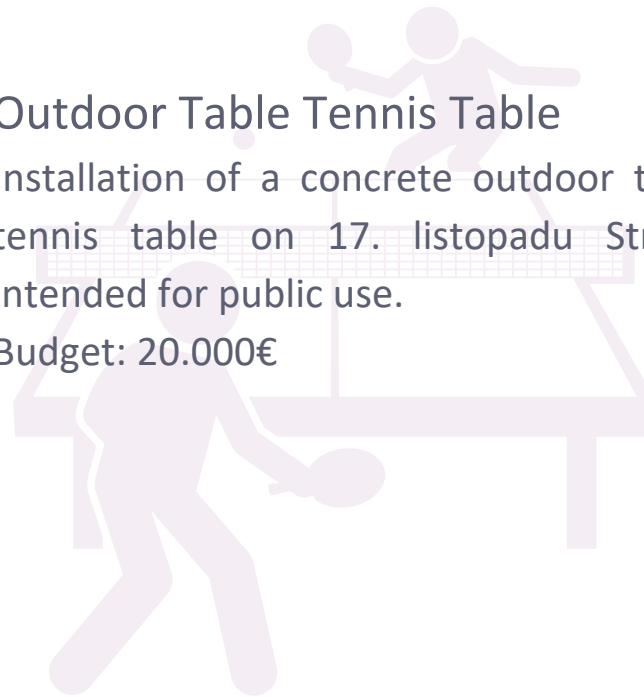
Construction of an outdoor exercise trail along the Bečva River and Laguna area. The trail includes nine workout stations such as parallel bars, pull-up bars, balance beams, and more. Each station has a QR code linking to instructional videos.

Budget: 19.700€

## Outdoor Table Tennis Table

Installation of a concrete outdoor table tennis table on 17. listopadu Street, intended for public use.

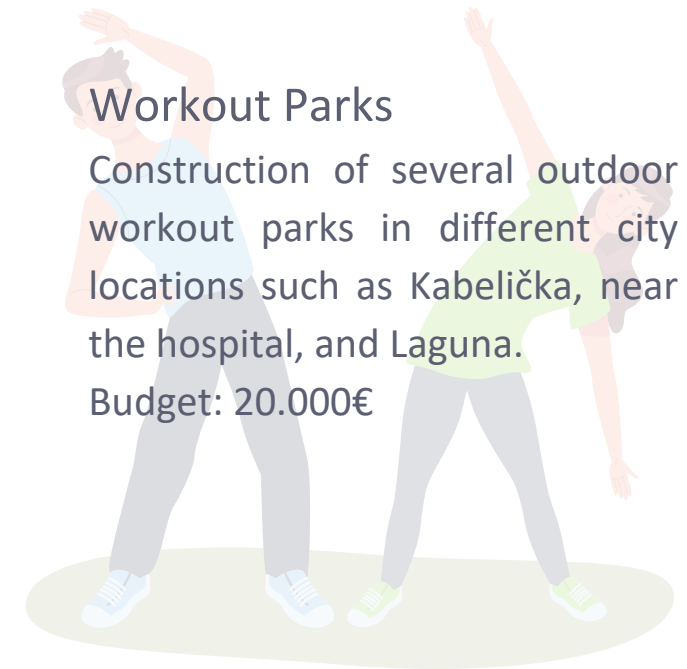
Budget: 20.000€



## Workout Parks

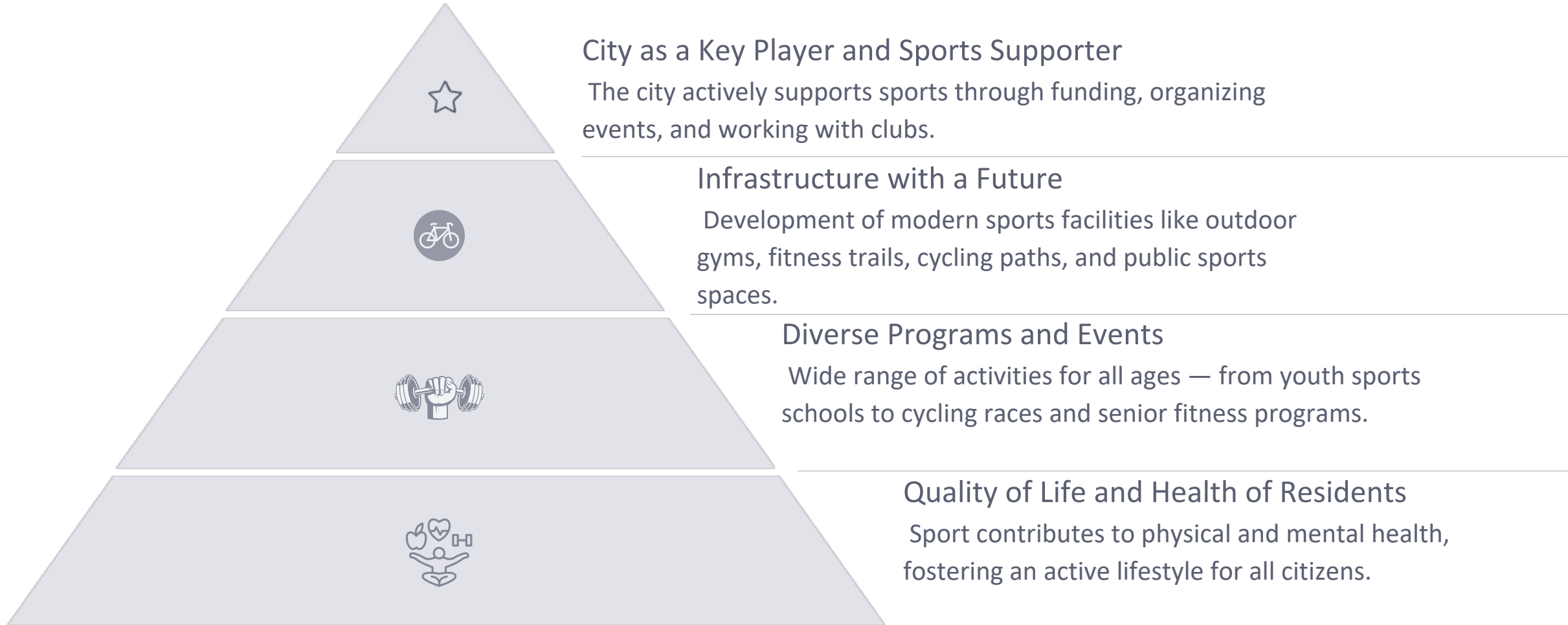
Construction of several outdoor workout parks in different city locations such as Kabelička, near the hospital, and Laguna.

Budget: 20.000€





# City Council of A Přerov's Commitment to Sports



The City Council positions itself as a key player in the sports environment. Its commitment spans from sports schools to volunteering.



## City sports projects

The city of Sabac  
Republic of Serbia 

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# Our Team



**The city councillor for  
sports and sports  
infrastructure**



**Република Србија  
МИНИСТАРСТВО  
СПОРТА**

**Ministry of Sports  
Republic of Serbia**



**Sports association  
The city of Sabac**





# City sports projects

## The city of Šabac

The city of Šabac has a rich sports tradition. The organization of sports and sports activities as well as sports infrastructure is managed by the Council for Sports and Sports Infrastructure.

The local self-government of the City of Šabac strives to offer a wide range of sports activities for all citizens.

In addition to professional sports clubs, sports schools for the youngest, sports projects, sports activities for veterans as well as sports for citizens with disabilities and special needs are promoted.





# Our strategy



## Sports activities planning

Through a detailed analysis of the citizens needs, offering as many different sports activities as possible.



## Including all citizens

Offering sports activities for active athletes, sports schools for the youngest, clubs for veterans and people with special needs.



## Improving living conditions

Through sports, ensuring a longer period of activities for citizens and thus influencing the improvement of their life quality.



# A wide range of sports and activities

## OPPORTUNITIES FOR THE YOUNGEST

Project "Šabac City of Non-Swimmers", swimming training.  
Project "Grow Healthily", physical activities for school youth.

## FOR ACTIVE ATHLETES

Sports schools: soccer, handball, volleyball, basketball, water polo, swimming, tennis, table tennis, gymnastics, athletics, karate, taekwondo, aikido, horse riding school...

## ACTIVITIES FOR VETERANS

Veteran sports and recreational clubs, futsal, table tennis, pilates, yoga, hiking,

## INCLUSIVE ACTIVITIES

Table tennis, baskin, sitting volleyball.

[Link](#)



PROFESSIONAL  
SPORTS CLUBS



# Sabac is famous for:



## Handball club METALOPLASTIKA SABAC

Twice the European champion at the competitions in 1984/85 and 1985/86 handball club Metaloplastika was declared the second best handball club in Europe of the 20th century in 2000.



## Football club MAČVA SABAC

Football club with a long tradition. Founded in 1919. Many world-famous footballers who still play in numerous European clubs emerged from its school.



## Waterpolo club SABAC

Founded in 2008. It quickly found its place in the prestigious national competition.

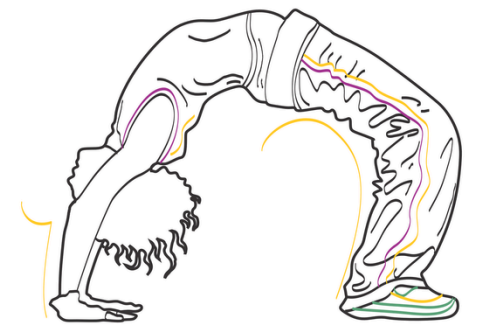






SCHOOL SPORTS

# PROJECT "SPORTS AT SCHOOLS - GROW HEALTHILY"



This project includes all younger school children. The goal of the project is the increased number of physical education classes per week for all students aged 7 to 12 .



## The results of the project

After the initiation of this project, a reduction in obesity among school-aged children and an improvement in the motor skills of the same population were noticeable.





# SUPPORT FOR THE TRADITIONAL SPORTS

Local government advocates for the preservation of the tradition of popular sports and sports clubs that have diligently worked for years to create good sports schools and train young athletes. In the world of football, the most famous is the football school Mačva from Sabac.



## Support for football schools

Apart from this sports club, there are many more football schools in the city, which raises the quality of work with young athletes. There are also clubs like Fenix, Sunrise, Tika-taka, Savacijum...





# SPECIAL PROJECT OF GREAT SIGNIFICANCE

The project "Šabac city of non-swimmers" relates to swimming training for first grade students from the city of Šabac. The goal of this project is for all citizens to be trained to swim. In addition to training in basic swimming styles, there is also training in water polo to retain the best swimmers in the sport and in competitive categories.

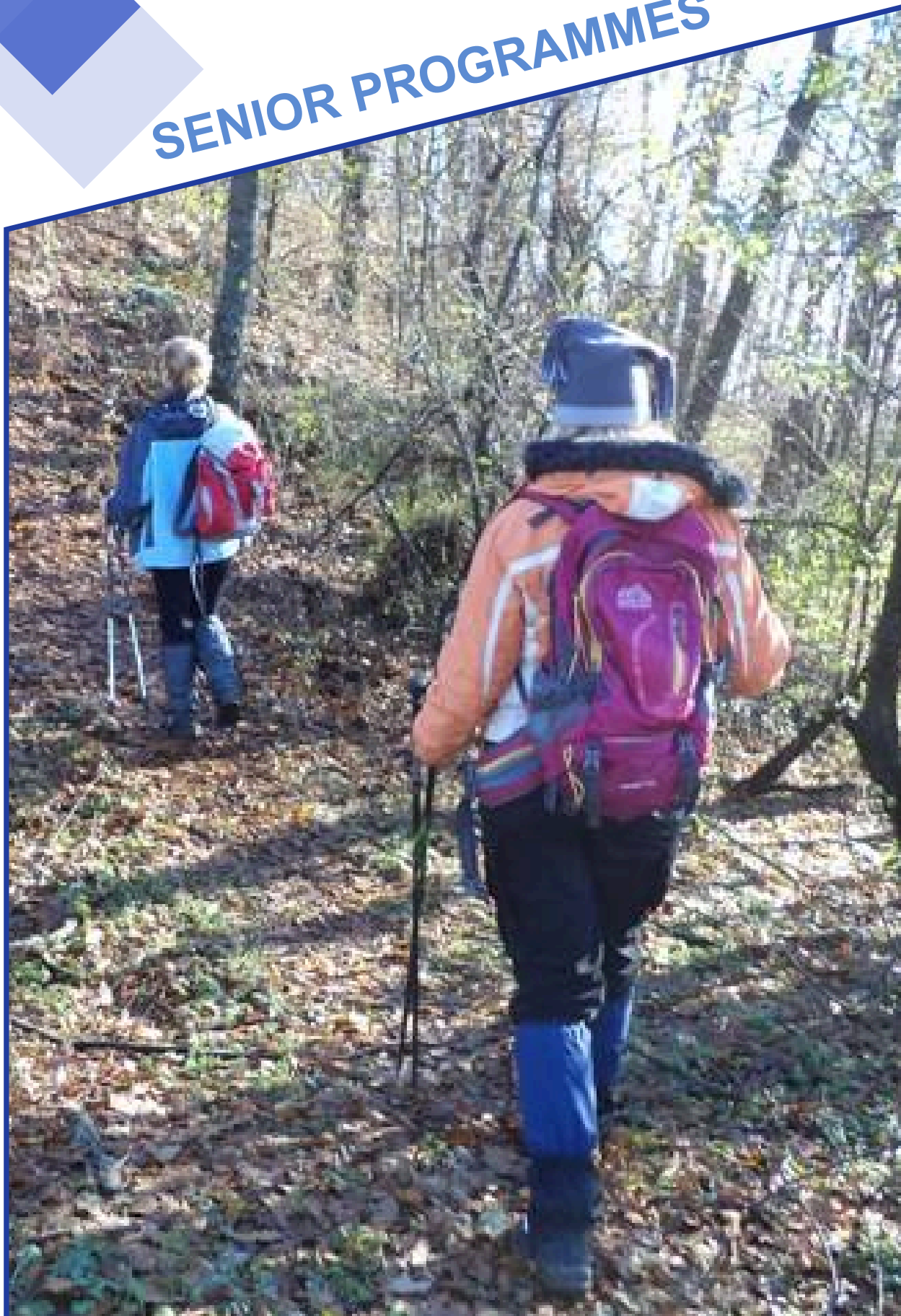
## The results of the project



After several years since the beginning of this project, the city water polo club has produced a large number of new athletes and successfully entered the first league of the prestigious national competition. It has also applied for the European level of competition.



## SENIOR PROGRAMMES



# Activities in open areas are available for older residents.

Hiking on the mountain Cer.

Trim path at the Old Town and  
Letnjikovac.

Bicycle riding.

Swimming at the city pool

## Socialization

Engaging in various sports activities

Yoga, pilates, aerobics, aquabics, dances, chess...







INTERESTS, FUTURE PLANS



# Sports that are gaining interest



## Tennis

World-famous tennis player Novak Djokovic has inspired many young locals to choose to train this sport.



## Basketball 3x3

Following the success of Stefan Kojić, a participant in the 3x3 Basketball World Championship, interest in this sport has increased in the city.



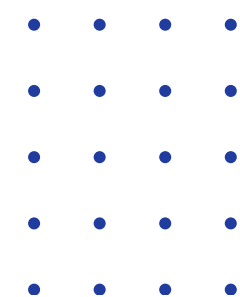


# THE CITY SUPPORTS MASS SPORTS

- Equestrian sports are organized in the city.
- Every year, a marathon race called the 'Čivijaški Half Marathon' is organized through the city.
- For school-aged children, the RTS cross-country race is organized.
- A swimming marathon from Sabac to Jarak is also traditionally organized.
- The activities 'Cerski March' and 'Cerska OCR Race' “tribalion” are popular.

# INCLUDING EVERYONE IN SPORTS ACTIVITIES

Attention is paid to ensuring that all citizens are included in sports activities, so great emphasis is placed on activities in which people with disabilities or special needs can participate.



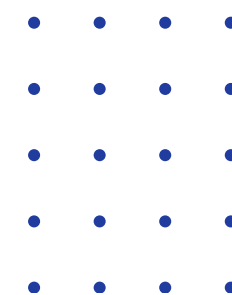
SSOSI



# A LOT OF ADAPTED SPORTS HAVE BEEN OFFERED TO THE CITIZENS.

- Baskin
- Cornhole
- Table tennis
- Swimming
- Sitting volleyball

INCLUSION



SSOSI





# The city strongly supports sports activities



The needs for activities of all citizens are being listened to. All aspects of society are being considered.



Funds are being planned and participation in activities is taking place. A quality offer and infrastructure are being provided.



The goal is to improve the quality of life for all citizens through the implementation of these activities.



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# Successful Physical Activities of the Xunta de Galicia - Spain

The Xunta de Galicia has launched several successful physical activity programs. These initiatives are designed to promote health and well-being. They cater to diverse populations and needs across the region.

PA



# Andainas of Galicia Saudable

## Guided Walks

Guided walks along natural routes in Galicia.

These walks offer a low-impact activity for all ages in emblematic spots.

## All Levels

Routes designed for all fitness levels.

## Promotes Tourism

Encourages local tourism and contact with nature.

# Get Active at Home

## Digital Program

Online sessions of adapted exercises.

## Reduced Mobility

Designed for the elderly and those with reduced mobility.

## Accessibility

Improves health without needing a gym.

This initiative promotes mobility, balance, and strength at home.



# Solidarity Sports on the Camino de Santiago

1

## **Sport**

Organizes sporting events along the Camino.

2

## **Culture**

Promotes social causes and raises funds.

3

## **Solidarity**

Unites sport, culture, and solidarity.

This activity promotes social inclusion projects in a healthy environment.





# Adapted Surfing and Paddle Surfing Courses

**1**

## **Local Collaboration**

Partnerships with local schools and organizations.

**2**

## **Galician Coasts**

Activities take place on Galician beaches.

**3**

## **Water Sports**

Allows participants to experience water sports benefits.

The courses improve mobility and balance while enjoying the sea.





# Nordic Walking for Health

## **1** Walking with Poles

Increases muscular and cardiovascular work.

## **2** Certified Instructors

Guided by trained professionals.

## **3** Low Impact

Suitable for all ages, especially seniors.

Nordic walking improves posture, muscle tone, and joint health.







# Program Benefits



## Improved Health

Promotes physical and mental well-being.



## Social Inclusion

Encourages participation across all demographics.



## Nature Connection

Activities are set in beautiful natural environments.

The Xunta's programs offer various activities for citizens' health.





# Key Takeaways

The Xunta de Galicia offers diverse physical activities. These initiatives aim to improve public health and well-being. They include guided walks, home exercises, and adapted sports. The programs promote inclusivity and connection with nature.

Next steps involve expanding these initiatives further. Continued support will ensure wider community engagement.





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# Sport Policies of the Xunta de Galicia

The Xunta de Galicia promotes public health. They also aim to promote active lifestyles among Galicians. They achieve this through various policies and programs. These encourage regular physical activity and sports participation.





# Galicia Saudable Program

## Encouraging Activity

The program encourages regular physical activity. This activity is used as a tool to improve health.

## Awareness Campaigns

Includes awareness campaigns. There is also the creation of healthy public spaces.

## Collaboration

It collaborates with institutions and companies. The aim is to implement wellness policies.



# Action Plan for Schools

## 1 Targeting Youth

This plan targets children and adolescents. It promotes sport from an early age.

## 2 Educational Environment

It integrates sports into the educational environment. This creates a culture of physical activity.

## 3 Integral Formation

The Xunta promotes sports and healthy activities. They promote this as part of the students' development.





# Sports Infrastructures



Sports centres facilitate access to spaces. Citizens can perform physical activity safely.



Outdoor gyms provide accessible exercise options. They are open to everyone in the community.



Hiking trails encourage outdoor physical activity. They promote appreciation for nature.





# Elderly Exercise Programs

1

## Adapted Exercises

The Xunta develops adapted exercise programs. These are designed for older adults.

2

## Variety of Activities

Includes gentle gymnastics and guided walks. Also included are group activities.

3

## Improved Quality of Life

They aim to improve quality of life. These also prevent diseases.





# Promotion of Inclusive Sports



The Xunta promotes policies for sports. This makes sport accessible to people with disabilities. These include adapted infrastructure. The policies also include specific programs.

# Sports Funding & Support

1

Grassroots Support

2

Federated Sport

3

Athlete Development

The Xunta allocates funds to clubs and federations. This strengthens sport at the community level. The funding also allows development of athletes.





# Awareness Campaigns

## Sedentary Lifestyles

The Xunta carries out informative campaigns. They want to combat sedentary lifestyles at an early age.

## Childhood Obesity

These promote healthy habits in childhood. They also encourage proper nutrition.

## Active Play

Reduction of screen time. Promotion of active play.  
Encouragement of movement.