

**National Fitness Day for Europe**  
**Erasmus+ project application – priority area of promoting physical activity and supporting the European Week of Sport**

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<b>Project title</b>	<b>NATIONAL FITNESS DAY FOR EUROPE</b>
<b>Actions</b>	<b>E+ Sport - Collaborative Partnership</b>
<b>Duration</b>	<b>01/01/2020 – 31/12/2021 (2 years)</b>
<b>Context – policies &amp; priorities</b>	<ul style="list-style-type: none"> <li>Turning the tide of physical inactivity</li> <li>Fitness is the largest participation sport</li> <li>National Fitness Day(s) success</li> <li>EU sport diplomacy &amp; building partnerships with the EU neighbours</li> </ul>
<b>Project concept</b>	<p>The project is about building capacity for the European Week of Sport (EWoS) through the establishment of National Fitness Days and physical activity promotion in a number of non-EU programme countries and partner countries (non-EU countries). A two-directional exchange of knowledge and experience will be organised by bringing together 4 well established National Fitness Associations with experience in EU funded projects and our existing successful NFD campaigns, with key fitness actors in other non-EU countries.</p> <p>The establishment of a “buddying relationship” will help create strong bonds between organisations, facilitating the transfer of knowledge and experience to grow the fitness sector . It’s a clear goal of the project to build relationships that will long-outlast the duration of the project, incorporating actors from the partner countries into the EU-fitness and sport networks.</p>
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. Promoting the EWoS and HEPA in the non-EU countries by running an effective National Fitness Day campaign in these countries</li> <li>2. Reinforcing the grassroots sport network in each of the non-EU countries and raising the awareness of HEPA at their national level</li> </ol>

	<ol style="list-style-type: none"> <li>3. Promoting of EU values through fitness in the partner countries (ref art.2 TEU) <ul style="list-style-type: none"> <li>▪ Promoting tolerance, inclusion and solidarity through the NFD &amp; stakeholder events</li> </ul> </li> <li>4. Promoting the National Fitness Day concept throughout Europe (beyond the partnership) <ul style="list-style-type: none"> <li>▪ Build on and extend the already successful NFD concept that EuropeActive and national associations has developed in the past 2 years</li> </ul> </li> </ol>
<p><b>Multiplier sport events</b></p>	<p>Each buddying pair will hold an annual, technical meeting to discuss the progress that has been made with the National Fitness Day campaign and to review the detailed plan and resourcing needed for its delivery during the EWoS. The meeting will be organised in the country of the non-EU partner, and will be followed by a seminar about physical activity promotion with stakeholders invited from across the fitness and recreational sport sectors including representatives from adjoining countries.</p>
<p><b>Project partners (lead partner)</b></p>	<p><u>COORDINATOR:</u></p> <ol style="list-style-type: none"> <li>1. <b>Belgium:</b> EuropeActive</li> </ol> <p><u>PROGRAMME COUNTRIES:</u></p> <ol style="list-style-type: none"> <li>2. <b>UK:</b> Ukactive</li> <li>3. <b>Ireland:</b> Ireland Active</li> <li>4. <b>Portugal:</b> Portugal Active</li> <li>5. <b>Greece:</b> SIGA</li> </ol> <p><u>NON-EU PROGRAMME COUNTRY:</u></p> <ol style="list-style-type: none"> <li>6. <b>FYROM:</b> TAKT</li> </ol> <p><u>PARTNER COUNTRIES (Eastern Partnership &amp; Western Balkans):</u></p> <ol style="list-style-type: none"> <li>7. <b>Georgia:</b> NASFPE</li> <li>8. <b>Ukraine:</b> Ukrainian Federation of Aerobic Gymnastics and fitness</li> <li>9. <b>Bosnia and Herzegovina:</b> Energija</li> </ol>

## National Fitness Day For Europe - Timeline

