NEWS LETTER

#5

SPACHE
SPORTS AND PHYSICAL ACTIVITY IN CULTURAL HERITAGE ENVIRONMENTS

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

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Dutch SPACHE pilot

Findings and results!

With the SPACHE project we wanted to learn how the sports and culture sectors can reinforce each other. How can we offer exercise activities in a cultural environment? What does it take to persuade culture lovers to go hiking, cycling or rowing, for example to follow an art route?

After the ending of the pilot, we studied the results of the activities. Our findings are based on questionnaires the participants filled out and on the output of interviews we did with trainers and suppliers who organized the activities. These are the most important findings of the Dutch pilot:

- What is most appreciated are the activities with a challenging character or an element of competition. This will be an important selection criterion for future projects;
- All participants who took part appear to be already sufficiently active. So, we didn't get inactive people exercising with our pilot. Instead, we made active people exercise one more extra time. We have therefore not been able to reach a new (not yet active) target group with this pilot.

Our recommendations for a possible follow-up project:

- Reconsider the approach strategy and the means of communication that suit the target group to be reached. Consider organizing the pilot an extra time in that modified form;
- Keep in mind that carrying out Expedition Friesland requires the work of an event agency. That is not the kind of work Sport Fryslân specializes in. Consider whether you as an organization want to perform this type of work in the future. If so, specialize in this. If not, outsource it to an organization that specializes in this.

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The power of the SPACHE project!

The SPACHE project has created the basis to continue various proposals of physical activities in the cultural, historical & environmental heritage in Gargnano and permitted cultural & experience exchange with other EU-countries

One of the goals promoted by the realization of the Eu Erasmus+ SPACHE project is certainly being able to give continuity to the activities proposed and presented through the pilot programme implemented in Gargnano. This aim is being achieved; in fact, the Municipality through the collaboration with local associations is developing a long-term system of series of physical activities in its historical, cultural and naturalistic heritage for the benefit of all its citizens, tourists and non-residents.

The Municipality of Gargnano is especially grateful to all the European partners whom it has collaborated with during the realization of the SPACHE project and has strongly appreciated the importance of international meetings that provided precious opportunities for discussion and comparison among different countries and cultures. It represents a great sign of belonging to the European Union that the Municipality has shared with its community.

Integrating Cultural Heritage, Sport, and Physical activity

REGISTER NOW

TAFISA hosts Mission 2030 series Workshop on the 4th May 2023, on the Mission 2030 theme of Cultural heritages and diversity, linking it to the SPACHE project.

SPACHE will partner with TAFISA in delivering one of the TAFISA Mission 2030 workshop series. The 2-hour workshop which will be open to the global community, including SPACHE partners and their networks and TAFISA's global reach, is titled 'Integrating Cultural Heritage, Sport, and Physical Activity.'

The workshop will discuss how to integrate Cultural heritage, Sport and physical activity and maximise each concept's benefits. It will create a platform to explore how to create more physical activities through cultural heritages and open more cultural heritage sites for sports and physical activity. It will be an opportunity to share successful examples and good practices of the relationship between cultural heritage, sport and physical activity. The workshop will also collectively look at innovative solutions to preserve cultural heritages through Sport for All.

This will result in participants acknowledging the value and contribution of cultural heritages in the development of Sport for All and be able to strategies on of how to safeguard and leverage on resources from sport, Physical activity and cultural heritages

Find more about: TAFISA The Association For International Sport for All

Register here: zoom

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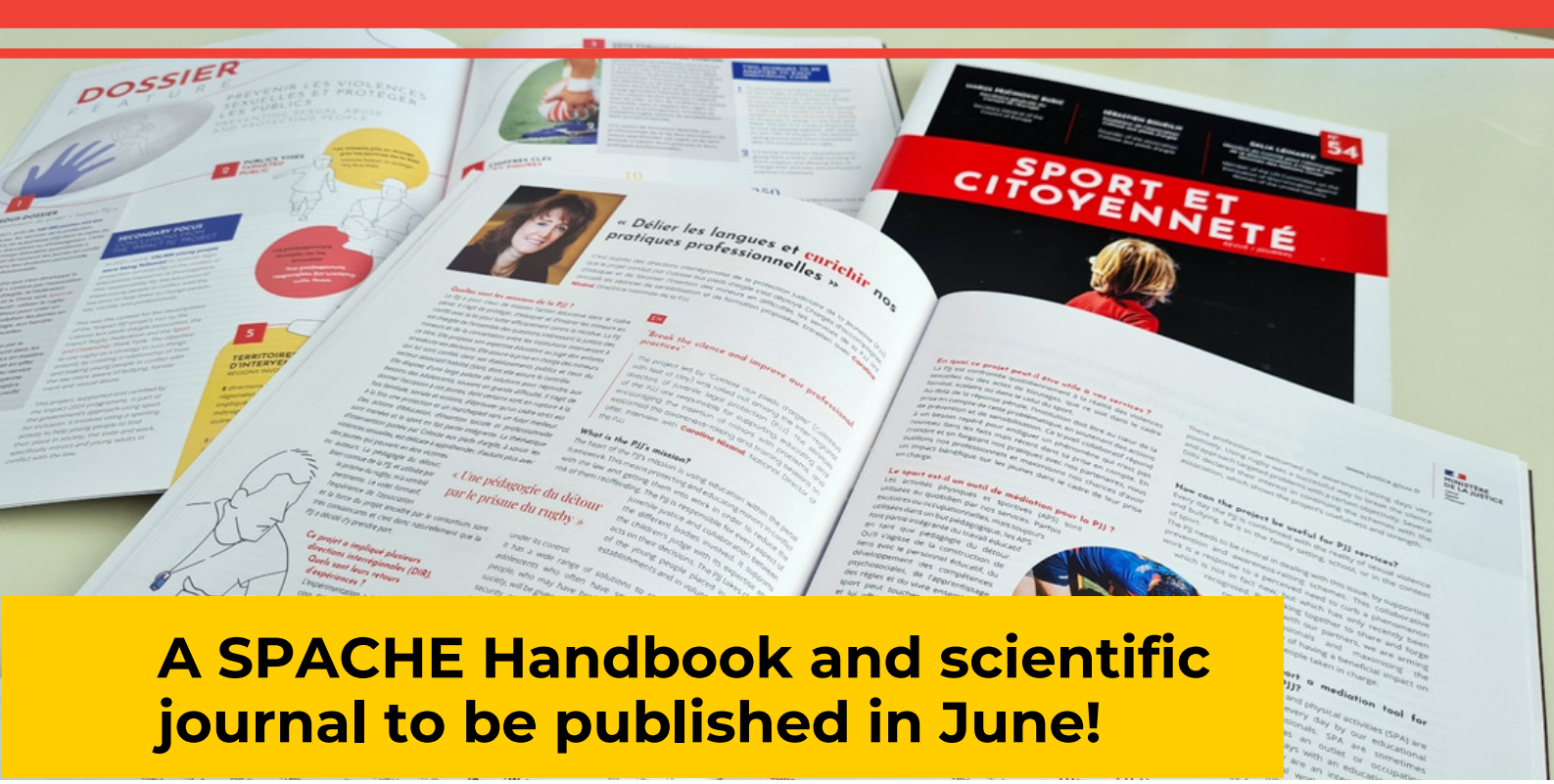

A SPACHE Handbook and scientific journal to be published in June!

To ensure the dissemination of the SPACHE project and its results, the Think Tank Sport and Citizenship will publish in June a handbook and a scientific journal distributed (in digital and printed format) to 2500 policymakers and stakeholders at EU level.

Since its creation, Sport and Citizenship publish quarterly a scientific journal to circulate the debates and studies about sport's social impact. Each edition is dedicated to a specific issue, the edition number 55 will be therefore dedicated to the theme "Leverage cultural resources for enhancing sport and physical activity" and the SPACHE project.

In parallel, the handbook will demonstrate the key benefits of combined physical and cultural heritage activities while indicating specific recommendations addressed to a multi-level set of actors for the use of cultural heritage as a resource for the promotion of sport/physical activity.

Both the scientific journal and the handbook will allow the SPACHE partners to translate the project knowledge into easily and quickly accessible information. The access to this information can contribute to arousing policymakers and stakeholders' curiosity on cultural heritage as leverage for sport/physical activity for all and interest in taking action in this area.

EDITION N.° 54 DEDICATED TO THE THEME "PREVENTING SEXUAL ABUSE AND PROTECTING PEOPLE" (2023)

Both deliverables will be presented in June at the final conference of the project organized in Brussels!

Find more about Sport and Citizenship…

Sport and Citizenship — Sport serving society
Sport et Citoyenneté — Le Sport au service de la société

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Social Impact Assessment: main results and conclusion by IRS

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The pilot programs of the SPACHE project have seen the participation of more than 400 people across four countries. The objectives of the programs were to conjugate sport activities with the discovery and the promotion of the local cultural heritage.

The participants were in majority women, evenly distributed across age groups and origins. The satisfaction and the enthusiasm were confirmed by the clear request by participants to keep proposing the programs in the selected territories even after the end of the SPACHE project. The participants showed a great level of involvement, especially considering those belonging to the less physical active groups. Projects such as the SPACHE pilot programs are thus welcomed by the population as valuable occasions to modify and improve the general lack of opportunities to practice sport in safe, inclusive and interesting environments.

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The impact concerned mostly the use of the physical activity participation as a leverage for the discovery of the cultural heritage. A secondary channel of impact was the use of the cultural heritage as a leverage for encouraging the participation in sport activities. The effect on social cohesion was high especially across the older age groups, confirming the idea that these interventions should aim at producing specific positive effects in specific groups, considering the heterogeneity of the participants.

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Intergenerational benefits of Sports, Culture, and Heritage.

All sports, culture, and heritage play a vital role in shaping the social fabric of our communities. Beyond their individual benefits, they offer a platform for intergenerational bonding, allowing people of all ages to connect, learn, and share experiences.

Sports, culture, and heritage are integral parts of society, connecting generations and promoting a sense of community. They provide a platform for individuals of all ages to learn, compete, and share experiences.
Sports offer a wide range of physical and mental benefits that can be enjoyed by people of all ages. Cultural activities can bridge the generation gap by providing a platform for the exchange of ideas and experiences. Sharing cultural traditions and values across generations can help preserve and celebrate the rich cultural heritage of a community while fostering a sense of pride and belonging.

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Guimarães
Pilot Programme

Heritage related activities can also create intergenerational connections. Older generations can share their knowledge and experiences, while younger generations can learn about their history and cultural identity. These activities along with promoting a sense of belonging and identity, also help individuals develop an appreciation for diversity and multiculturalism.
By bringing together individuals of all ages, these activities promote a sense of community, preserve cultural heritage, and foster personal growth and development, building a stronger, more cohesive society.

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Transnational meeting in Guimarães

Between the 29th and 30th of March, the city of Guimarães hosted the sixth transnational meeting of the SPACHE project.

Tempo Livre and the Municipality of Guimarães organized the sixth transnational meeting of the SPACHE project. Over two days, together with the other consortium partners: Alto Garda Volley (Italy), Comune de Gargnano (Italy), IRS - Institute for Social Research (Italy), Olympic Committee of Slovenia (Slovenia), Sport Fryslân (Holland), Sport et Citoyenneté (France) and Tafisa (Germany), the final results of the evaluation of the Pilot Programs were presented and the documents that are currently being produced (Handbook and Special Journal Edition) and that will be disseminated within the scope of the project were discussed.

European partners were also able to visit the historic center of Guimarães and experience the Pilot Program implemented in Guimarães – A.Linho, which seeks to enhance the practice of sports, inspired by the tradition of flax cultivation. The project's local partners are the Corredoura Folklore Group, the ADCL – Association for the Development of Local Communities and the Vale de São Torcato School Grouping.

The SPACHE project is now moving into its final phase, with the Multiplier Event scheduled to take place in Guimarães and the Final Conference to be held in Brussels, next June.

Guimarães Meeting

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Gargnano with the AGV Staff are working on the future of SPACHE !

© AGV

For Gargnano SPACHE is not a Project with an established deadline. On the contrary, from the outset the Pilot Program was thought to have a future beyond the deadline established by the European Commission. The physical activities will involve not only the historical participants of the Pilot Program but extended and proposed to the population oftourists arriving in the coming months, as Gargnano is a territory with a very strong tourist vocation.

In fact, one of the primary objectives of the AGV association, called to conceive and make the pilot program feasible, was to lay the foundations for continuing the activities over time, beyond the natural term of the Project decided by the European Commission. The Pilot Program, which saw the performance of various physical activities over 4 months in 2022 in the most important places of Gargnano from a historical and cultural point of view, has achieved all the set objectives and has contributed to giving birth to the will to continue the activities. The expectations of the AGV Association have been greatly exceeded, because the request to continue the activities came directly from the participants. The AGV Staff, in collaboration with the city institutions, has planned for the near future biweekly physical activities in the Le Fontanelle Park, in the park adjacent to the Cathedral of Gargnano and in the municipal gymnasium.

Membership was unanimous. The objective is to work to make the Pilot Program a continuous reality in the area for the next years. enriching each time with new ideas and contents, new activities that respond to the specific needs of the groups of people who participate. The AGV Staff will propose activities while always listening to the wishes and ideas of the participants. At the moment the activities continue in the gym, a place protected from the still often rigid temperatures in this area. Soon they will be in the open places mentioned above.

Certainly, with the activities of the Pilot Program put in place they have awakened or given birth to the desire for movement on the part of people. Participants were able to carry out the proposed physical activities by rediscovering places in their own territory that are sometimes forgotten or not sufficiently valued. So, we can certainly say that we have achieved and largely exceeded all the objectives of the SPACHE Project.

Expanding the SPACHE project in Slovenia

With the SPACHE project, we will be able to better and more easily connect tangible and intangible cultural heritage with sports and physical activity in Slovenia in the future.

On the basis of positive experiences and feedback from stakeholders, which OKS-ZŠZ obtained by conducting a pilot event within the framework of the 27th TAFISA World Congress in 2022 in Piran, we decided to expand the number of cities in Slovenia that will participate in the event in 2023 to at least five. By applying to the public tender of the Foundation for Sports, we obtained additional national funds for the development of an application that will enable contractors to register such projects and the interested public an additional source of information about this type of offer in one place.

We believe that the example of the SPACHE project has proven how the cooperation of various organizations from all over Europe can bring a new innovative approach to promoting physical activity of the population and, at the same time, raising the quality of life of all Europeans.

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