

Pilot Preparation Workshop

SPACHE – SPORT AND PHYSICAL ACTIVITY IN CULTURAL HERITAGE ENVIRONMENTS

SPACHE

Sport and Physical Activity in Cultural Heritage Environments

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



To
SPACHE Project Partners & Stakeholders
Participants of the Workshop

Via Email

Frankfurt/Main, 1 June 2021

Subject: Invitation to SPACHE Workshop

Dear colleagues, partners and stakeholders,

It is our pleasure to invite you to the SPACHE Workshop which will take place on June 17th, 2021, at 10:00h (UTC+2) via Zoom. We are happy to announce that the preparation is well on its way. A draft agenda of the workshop is enclosed to this letter, for your perusal.

The workshop aims to provide learnings on the use of cultural heritage to enhance sport and physical activity. During the meeting preliminary findings from the literature review and collection of good practices will be presented and discussed. The idea is to gain insights from different perspectives on the topic and to identify main success factors as well as possible challenges. The information collected will feed into defining pilot programmes testing the valorization of cultural heritage resources in this area. We will highly value your contributions and recommendations.

You will receive further information on the event after your registration. Please register here:

<https://www.eventbrite.co.uk/e/spache-workshop-tickets-157583810419>

If you have any questions, please do not hesitate to contact us at martel@tafisa.org.

We look forward to meeting you virtually soon!

With best regards,



Wolfgang Baumann
TAFISA Secretary General



Paula Nogueira
Tempo Livre, SPACHE Project Leader

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Agenda

Subject:	SPACHE Pilot Preparation Workshop
Date & Time:	17 June 2021, 10:00 to 12.30h (UTC+2)
Location:	Virtual via Zoom
Participants:	SPACHE Project Partners, SPACHE Advisory Board, Representatives of Good Practices, Stakeholders & Partners

1. Welcome & Introduction to the Workshop

Tempo Livre & TAFISA

2. Introduction to the SPACHE Project

Aims of the project, expected results, tasks and status

Tempo Livre

3. Framing Cultural Heritage and Sport/Physical Activity

How do we frame cultural heritage? How do we frame sport and physical activities?

Advisory Board

Q&A

4. Linking Cultural Heritage and Sport/Physical Activity in Theory: Literature Review

Why? How? Which challenges and solutions?

TAFISA

Q&A

5. Linking Cultural Heritage and Sport/Physical Activity in Practice: Good Practices Review

Why? How? Which challenges and solutions?

IRS

Q&A

6. Discussion on Success Factors and Challenges

Group discussion on linking cultural heritage and sport/physical activity to draft guidelines for the SPACHE pilot programmes:

- *Which types of cultural heritage and sport/physical activities can best contribute to enhancing sport and physical activity?*
- *Which are the most common challenges faced in linking cultural heritage and sport/physical activities? What solutions are there to overcome them?*
- *Which factors enhance the use of cultural heritage to increase sport and physical activities?*
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7. Learnings for Pilot Programmes

Reporting from working groups

Q&A

8. Conclusions: next steps - 5 minutes

Tempo Livre / TAFISA

Meeting Minutes

Project Name	SPACHE Pilot Preparation Workshop		
Date	June 17, 2021	Time	10 a.m. – 12:30 p.m. (UTC+2)
Moderator (s)	Ingrid Martel, Cristina Vasilescu	Location	Online
Workshop Objectives			
<ul style="list-style-type: none"> - Present and specify the practices of sport and cultural heritage and explore the link between the two - Use output from good practices and Literature Review to design pilot programs 			
Attendees			
<p>Ingrid Martel (TAFISA), Zahya El Amrani (TAFISA), Jean-Francois Laurent (TAFISA), Paula Maria Ramos Nogueira (Tempo Livre), Elena Ferrari (IRS - Istituto per la Ricerca Sociale), Cristina Vasilescu (IRS - Istituto per la Ricerca Sociale), Rodolphe Doité (Sport et Citoyenneté), Daniel MacCarthy (Gaelic Athletic Association), Gorazd Cvelbar (Olympic Committee of Slovenia – Association of Sport Federations), Anita Bakker (Sport Fryslân), Paolo Zeneri (Comune di Gargnano), Sérgio Gonçalves (Guimarães Municipality), Stephan Leifeld (WORLD JUDO Federation and World Jiu-Jitsu Confederation) , Emma Paladino (IRS - Istituto per la Ricerca Sociale), Dirk Nasser (Association AccETTD-Spain), Vitor Marques (Município de Guimarães), Martin Soutschek (Outdooractive AG), Poli Chiara (AGV Alto Garda Volley Italy), Zuradelli Alberto (AGV Alto Garda Volley Italy), Amadeu Artur Matos Portilha (Tempo Livre, Guimarães), José Filipe Ferreira Fidalgo Martins (Tempo Livre), Cláudia dos Anjos Ribeiro Pinto Esteves (APCG), Finn Berggren (Gerlev Sports Park, Denmark), Malgozata Anna Bronikowska (Recall, Poland), Luis Rodrigues (Tempo Livre), Claudia Esteves (APCG), Andreas Wiesand (European institute for Comparative Cultural Research, Germany), Pedro Sarmento (Sports Faculty of Porto University, Portugal).</p>			
Agenda, notes, discussion, issues			
Topic	Discussion		
Welcome notes (Ingrid Martel and Francois Laurent)	<ul style="list-style-type: none"> - Ingrid Martel started the workshop and explained its objectives - Jean-Francois Laurent gave welcome words and thanked all participants of the SPACHE Workshop - Cultural heritage as a main item of the SPACHE Project is present in our daily life; thus it is important to revive cultural heritage through sport for all - Linking cultural heritage and sport is an opportunity to promote culture through physical activity - Cultural heritage and diversity are two main themes of TAFISA’s mission 2030, and SPACHE presents an opportunity to further explore the link between physical activity and cultural heritage 		
Introduction to the SPACHE Project (Paula Nogueira)	<ul style="list-style-type: none"> - Welcome - Introduction to SPACHE and explanation of its objectives - SPACHE will run till 2023 in partnership with nine partners from Europe - Overall goal of the SPACHE: “Encourage participation in sport and physical activity, especially by supporting the implementation of the Council Recommendation on health enhancing physical activity and being in line with the EU Physical Activity Guidelines and the Tartu Call for a Healthy Lifestyle” - by leveraging cultural heritage resources for enhancing sport/physical activity practice for all and, in particular, for locals, including immigrants, and other various social groups, and tourists 		
Framing Cultural Heritage	<ul style="list-style-type: none"> - Cultural heritage includes diverse categories and items from the past that can be passed on to future generations 		

<p>(Andrea Wiesand)</p>	<ul style="list-style-type: none"> - Definitions of cultural heritage are very static e.g. languages are not included in the practices of cultural heritage → definitions have to be reinterpreted - There are two main categories of cultural heritage: tangible (archaeological sites, historical centers, shaped landscapes, museums) and intangible (traditional skills of craftsmanship, carpentry, traditional games, and festivities, etc) - Nowadays, heritage has a tendency to focus on conservation of heritage → social values are less considered - Cultural heritage can be digitalized - There are differences between officially recognized heritage and the practices of people - Sport can be a leverage to open more and promote cultural heritage - The linkages between sport/physical activity and cultural heritage are not much promoted, e.g. UNESCO listed 150 recognized intangible practices in the preservation of cultural heritage in Europe, in which only 11 practices are related to sport and physical activity - However, that shows a clear recognition that sport and physical activity can play a major role in preserving cultural heritage
<p>Framing Sport and Physical Activity (Pedro Sarmento)</p>	<ul style="list-style-type: none"> - Since sport and physical education are changing, a connection between physical activity and the development of the society is needed - In the past, the main objective was to think about the exercise of young adults, however, the trend is changing to include sport for all - Politicians and decision makers must prepare themselves for such a change and get more people involved in physical activity → can pose challenges - Covid-19 offers an opportunity to feel the necessity to be active - People should exercise not only to improve physical and mental health but also to improve social and economic aspects of the society
<p>Comments (participants)</p>	<ul style="list-style-type: none"> - People are now willing to be active after experiencing the inactivity that Covid-19 caused → resulted in an increasing trend of active families - SPACHE project helps to engage more people in physical activity - Politicians and decision makers must take measures and encourage physical activity - Covid-19 and physical activity → Covid 19 has impact on cultural heritage, traditional games are easy to play without former skills or equipment, therefore it is easy to play at home with parents and children during the restricted possibilities during lock downs and home schooling
<p>Linking Cultural Heritage & Sport/Physical Activity in theory Literature Review (Ingrid Martel)</p>	<ul style="list-style-type: none"> - A total of 40 papers and articles collected <p>Why focus on Cultural Heritage and Sport/Physical Activity?</p> <ul style="list-style-type: none"> - Simple actions to practice each day in order to maintain or improve well-being and mental health - Five important elements of well-being : Be Active, Connect, Take Notice, Keep Learning and Give <p>Why visit or engage with CH?</p> <ul style="list-style-type: none"> - Culture can enhance well-being by enriching lives, giving a feeling of usefulness and self-purpose, reducing depression, tension or anxiety, and healing spaces for people with dementia and post-traumatic stress disorder <p>Why Sports or Physical Activity?</p> <ul style="list-style-type: none"> - Six benefits: physical capital, emotional capital, individual capital, social capital, intellectual capital, and financial capital → Sports events create deep-seated patterns of identification by calling upon emotions and passions

	<p>Why combine Cultural Heritage and Sports or Physical Activity?</p> <ul style="list-style-type: none"> - Visiting heritage sites has a positive impact on wellbeing - Increases life satisfaction overall and develop new skills - bonding and bridging between different age groups, long term and new residents, different ethnic or religious groups - Connect with new people, be part of community: social solidarity, tolerance, openness - Motivating factor of cultural heritage as a surrounding setting to sport events or programs <p>Special Focus on Traditional Games and Sports (TGS)</p> <ul style="list-style-type: none"> - TGS combines both aspects automatically with no or little equipment needed (e.g. traditional dances) - Easily adaptable to different skill, fitness and age levels - Practice space can be almost everywhere - More accepted within different communities (e.g. gender aspect) - Improvement of fitness and wellbeing as byproduct <p>Types of Events/Programmes</p> <ul style="list-style-type: none"> - Tangible (objects, sights, monuments, museums) - Intangible (rituals, traditions, memories) <p>What target groups benefit most?</p> <ul style="list-style-type: none"> - Age: children, youngsters, seniors - Gender: men, women, both - Region: inhabitants, visitors, tourists - Participation: active and non-active - Setting: cities, rural areas, nature - Abilities: all fitness and skill levels - Employment status: unemployed, retired, veterans <p>What are the main challenges?</p> <ul style="list-style-type: none"> - People with different cultural backgrounds - People with different abilities and skill levels - No secure funding (often depends on volunteer work) - How to involve young people
<p>Linking Cultural Heritage & Sport/Physical Activity in Practice:</p> <p>Good Practices Review</p> <p>(Cristina Vasilescu)</p>	<ul style="list-style-type: none"> - A total of 33 practices in DE, DK, FR, IT, NL, PT, SI - Mixed heritage: tangible and intangible and mixed sports/physical activity (running, cycling, walking, etc.) - Sport heritage events based on local endogenous heritage resources and characterized by recurrence and the specific location, e.g. Urban Tail de la Butte, Montmartre, Palio delle Mura, Sport in the Family, etc. - Sport heritage tangible immovable, which refers to spaces with particular relevance to sporting past, where the heritage is intrinsically bound to a specific location e.g. La Loire a Velo Bike Tour, Valtenesi Bike Route, Pandolo, Walking Trail, Sport Activities in Museums etc. <p><u>Challenges</u></p> <ul style="list-style-type: none"> - Engaging people - Engaging stakeholders in a continuous collaboration - Bringing together stakeholders from heritage and sport/physical activity - Protecting/preserving heritage versus valorization of heritage - Challenging traditional ways of preserving and using heritage - Challenging traditional ways of doing sport/physical activity - Communication and marketing - Resources and their sustainability - Staff with interdisciplinary knowledge competences

<p>Discussion on Success Factors and Challenges</p>	<p>Questions to the good practices' representatives:</p> <ol style="list-style-type: none"> 1. Can you give us insights on challenges that you faced in linking cultural heritage and sport and physical activities and how you managed to overcome the challenges? can you also tell us the risks you faced and how you coped with them? which strategies you used to mitigate the risks? 2. How cultural heritage stakeholders reacted to such project? how you dealt with that? <ul style="list-style-type: none"> - Example 1: Gerlev Play Park was called historical play park when first founded. It included activities to preserve values, play and other activities. However, they faced challenges on how to preserve these values and interpret them in modern context to better understand their cultural values. - Example 2: when young people fight, they use martial arts tools and old kinds of weapons and clothes. Through such activity these young people were taking part indirectly in understanding the culture. - Example 3: in Portugal there is an initiative of an informal group of people running together and being active. Such movement caught the attention of the city because the activity is growing and that limits the use of public spaces due to the big size of the group. The city then challenged them to design running activities running around places that are not accessible, museums, historical sites. It helped people discover some places and historical sites they have never been to, it is indeed an intangible benefit of sport and cultural heritage. - Everyone has a knowledge of the value of our cultural heritage and that we have to preserve it is indeed our responsibility. Therefore, everyone is aware of the importance of the historical locations and the cultural buildings, thus they take extra care to preserve them. <p><u>Discussion:</u></p> <p>Cultural heritage and physical activity</p> <ul style="list-style-type: none"> - TAFISA conducted a study in 2015 in relation to cultural heritage and sports in which they highlighted history as a representation of the past and it should be on the “memoire” side of things. - People have to be creative and do sport and promote cultural heritage in local sport sites without building expensive sport facilities, e.g. some traditional sports and games of the year in Portugal take place during WOMAD “World Of Music Art and Dance” festival. - Three important keywords to promote cultural heritage through sport: preservation, security and creative adoption of sport and games. <p>Good practices</p> <p>1. Gerlev Play Park, Denmark</p> <ul style="list-style-type: none"> - Gerlev is an example that promotes cultural heritage through sport and physical activity <p><u>Challenges:</u></p> <ul style="list-style-type: none"> - Difficulties in managing large participations <p>2. Active City Innovation</p> <ul style="list-style-type: none"> - Active City Innovation Project aims at getting urban population to do more physical exercises to be “healthier and happier”. - The project also aims at providing a digital platform with a list of best practices around the world. It also designs tools and plans to create and offer good experiences and to sport enthusiasts.
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	<ul style="list-style-type: none"> - The objective of the project is to find inspirations on how digital infrastructure can contribute to increase physical activity, connect people and spread the good practices worldwide. <p><u>Challenges:</u></p> <ul style="list-style-type: none"> - Good concepts and large amounts of thoughts are needed - Digitalizing the content, build tools and present it to people on their mobile phones required huge effort - Getting people outdoor through an inspiration based on the digital stories and concepts is a complicated task - Making the data internationally available
<p>Concluding Remarks (Ingrid Martel)</p>	<ul style="list-style-type: none"> - Personal contact or the network contribute significantly to the change and facilitates such big sports events