BRIEF DESCRIPTION AND OBJECTIVES

The project “Step by step” has as primary objective to foster participation in sport and physical activity among children, teenagers and young persons. Furthermore “Step by step” has the aim to contrast sport drop out and to develop educational paths in order to promote the “culture of sports” and the adoption of active lifestyle.

Project’s activities will be focused on grassroots sport, specifically Fitwalking and Nordic walking as instruments to foster physical activity with no boundaries. As a matter of fact Fitwalking and Nordic walking can be considered as “Sport for all” because they do not require specific tools and/or money investments, they can be practiced everywhere (streets, parks, etc) and from everyone (for example disabled persons).

“Step by step” will involve educational institutes, schools, parents/families and the local community, thus physical activity will become an instrument for social inclusion and personal growth and it will help in developing a sense of community at local, national and European level.

Beneficiaries will participate for free and every groups will be involved in a “walking competition” to encourage their will to practice physical activity.

PROJECT’S ACTIVITIES:

1. Explanation of project objectives and activities: meeting with every groups involved
2. Educational paths about physical and psychological well-being and healthy/active lifestyle
3. Practice of sports: Fitwalking and Nordic walking with qualified instructors
4. Meetings with parents/families in order to promote their dynamic participation to project’s activities
5. Walking day – to be arranged across Europe according to partner’s resources and availability

ESTIMATED DURATION
18/24 months

PARTNERS ALREADY INVOLVED
Stöckle Sport & Care gGmbH (Germany)

KIND OF PARTNERS WE’RE LOOKING FOR
Any organisation or public body, with its affiliated entities (if any), active in the field of sport, established in a Programme Country or in any Partner Country of the Erasmus+ Programme. Any other organisation active in the field of education, training or youth can be involved in the project too.

In particular we're looking for organizations/public bodies who can involve a large number of young beneficiaries.

CONTACT INFORMATION:

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