

In partnership
for health-enhancing physical activity
PATHE Conference 2010



Belgrade, Serbia, 22. - 25.4.2010



Report from the Conference

With the PATHE project, Sport For All Organisations showed commitment to involve themselves in health prevention and physical activity promotion. They increased their capacity to develop health promotion and prevention activities, goal-oriented health enhancing physical activity programmes and motivation to engage health and physical activity experts.

The PATHE conference 2010 provided a platform for presenting new knowledge and for exchanging experience among the 20 partner organisations in the PATHE project and also towards stakeholders. The main theme of the conference was cross-cutting partnerships, demonstrating the value of working together across sectors to engage citizens in health-enhancing physical activity.

The PATHE Conference also gave recommendations for future decisions and input to common strategies to increase the activity level of EU population. All conclusions are included in the PATHE Declaration which was designed, debated and adopted during the Conference. PATHE declaration is attached to this report.

The Conference was organised by ISCA and hosted by one of PATHE Collaborating Partners, Association Sport for All Serbia. It was prepared in close cooperation with PATHE Associate partners: SUS from Slovenia, DGI from Denmark, UISP from Italy and USEP from France.

The conference attracted project managers and political leaders from PATHE Associate partners and PATHE Collaborating Partners as well as organizations and individuals with interest and experience in health-enhancing physical activity, health professionals who deal with sport as a means to strengthen and maintain health, decision makers and policy designers in sport and health policy, sport scientists and sport managers.

Participating in the Conference, participants have acquired:

- a knowledge base in health-enhancing physical activity and health related fitness
- knowledge how to encourage and support population to take responsibility for their own health, and to actively promote the choice of physical activity over a sedentary lifestyle
- materials from local/national/international initiatives
- a knowledge of best practices from presenters and new experiences to be used in own organisation
- a knowledge base of organization, management and quality assurance of promotion of health and physical activity throughout Europe
- excellent networking opportunities and a programme with structured and engaging bi- and trilateral in depth discussions

Special note from ISCA President

Dear PATHE friends



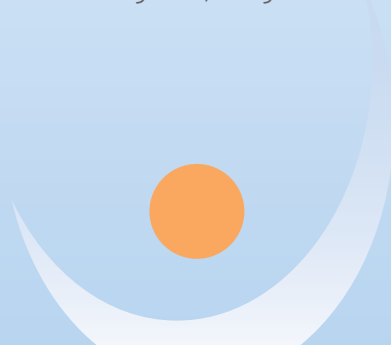
I would like to thank you for participating in the PATHE Conference in Belgrade the 22-25 April. The conference marked, that this first health project carried out by Sport for All organization and financially supported by the European Commission directorate for Health and Consumer Protection, is coming to an end. A successful project has been completed, because of your participation and contribution.

The PATHE project illustrates the engagement of the sport for all sector and the willingness to share and develop new programs and activities in order to support the European citizens to improve personal health and quality of life. It illustrates

the interest to work across borders, culture and tradition and to share with and learn from each other. I would like to thank you very much for having given the PATHE life, content and quality. Projects ends, but partnership and collaboration continue. It is my hope that this PATHE project will illustrate and build on the overall ISCA project aims: to learn about the topics; to get experience in international cooperation and to find partners for future cooperation.

Once again thank you for contributing to the PATHE project by your participation in PATHE Conference in Belgrade.

Kindest regards, Mogens Kirkeby



PATHE Conference program

Thursday, 22.4.2010

Date	Topics/style	presenters/speaker
19.00	Talk Tail PATHE Party »365 ways to get fit«	Welcome speech: Mr. Milorad Perisic Member of Ex Co of Serbian SFA Association Mr. Elizabet Paunovic Ministry Assistant for Health, Serbia

Friday, 23.4.2010 (Networking day)

Date	Topics/style	presenters/speaker
9.00 - 11.00	ISCA Health Network meeting	
11.30 - 12.30	PATHE bilateral meetings	
14.00 - 17.00	Sport for All in practise in Ada Ciganlija Sport Park Outdoor activities	»We like physical activity«.
17.00 - 18.00	PATHE Declaration session	
19.00 - 20.00	PATHE Conference 2010 Plenary session 1 Keynote Address: How to build capacity in SFA Associations to prioritise health as a topic? Three year review of PATHE and PATHE Declaration	Herbert Hartmann, ISCA Vice President How to build capacity in SFA Associations to prioritise health as a topic ? Jacob Schouenborg, ISCA Secretary General Three year review of PATHE and PATHE Declaration



PATHE Conference program

Saturday, 24.4.2010 (Workshop day)		
Date	Topics/style	presenters/speaker
9.00 - 10.30	Parallel Workshop 1 Quality management strategy in developing health activities	Herbert Hartmann, DTB, Germany Jan Kalina, CASPV, Czech Republic
9.00 - 10.30	Parallel Workshop 2 How kids become actors of their healthy lifestyle?	Dr Dubravka Saranovic Racic Dr Vladimir Cakarevic, Ministry of Health Serbia Ismet Kapetanovic, Lets be active Bosnia and Herzegovina, Pascale Bourdier, USEP, France, Vladimir Dostal, SOKOL Czech Republic Francesca D`Ercola, UISP, Italy
11.00 - 12.30	Parallel Workshop 3 How to develop national / international health-enhancing PA projects and method to get support?	Dragan Atanasov, Ministry of Youth and Sport Serbia Jacob Schouenborg, ISCA Paolo Adami, FIAF Italy Rita Scalambra, UISP, Italy
11.00 - 12.30	Parallel Workshop 4 How to build capacity in Sport For All Associations to prioritise health as a topic? How can an organisation develop and implement a health strategy to mainstream health in the organisation?	Antonio Borgogni, University of Cassino, Faculty of Sport Sciences Vladimir Cakarevic and Ivana Marsenic, Ministry of Health, Serbia
14.00 - 15.30	Workshop 5 »PATHE project is a long term process or never ending story« -Future perspectives	Team leaders: Neza Erznoznik, SUS Rita Scalambra, UISP Francesca D`Ercola,UISP Jean Claude Arnaud, USEP
16.00 - 18.00	Sport for All in practise	We like physical activity.
18.30 - 20.00	PATHE Conference 2010 Plenary session 2 Keynote Address: 1. In partnership for health-enhancing physical activity 2. »We took responsibility to contribute to healthy nations« by PATHE Associate partners	In partnership for health-enhancing physical activity Peter Gelius , University of Erlangen-Nuremberg, Germany »We took responsibility to contribute to healthy nations« by PATHE Associate partners Rita Scalambra, Francesca D`Ercola, UISP, Italy Jean Claude Arnaud, USEP

Sunday 25.4.2010

Exploring Belgrade

Highlights from the Conference

»365 ways to get fit« - from welcome speeches:



Mr. Milorad Perisisc, Ex- President Association SFA Serbia:
 »...I would like to thank you for your coming besides the weather problems, which surprised us all and to ask you to join us with your ideas and cooperation in the way that we can get to the end of this project under the topic 'Physical Activity towards Healthier Europe'. Maybe this end is just the beginning of something new which is by the way expectation of PATHE partners.

ISCA and her partners are working on this project for years. Twinning and Consultation meetings, PATHE seminars, Conferences in Barcelona, Copenhagen etc. were really full of inspiration for all participants and there were so many different presentations about activities of sport for all which just confirmed and improved our relationships.

Effort of all people who gave to this project are promising about future care of health and help so we can reach and get used to healthier way of life.

Important topics, great speakers, good organization and conditions for work from sports organizations and institutions can guarantee that this conference can get its goal which is to help people to care about their health so we can achieve our goals in domestic and international field...«.

Mr. Elizabet Paunovic, Ministry Assistant for Health, Serbia:
 »...Ministry of Health of the Republic of Serbia would like to be an active partner in your initiative, joining through the activities of WHO Euro and ISCA members. In our strategies, physical activities are considered as very important part. In Serbian Children Environment and Health Action Plan, in achieving targets from Regional Priority Goal No2 as it is advised by WHO methodology, many activities in protecting children's health connected with the promotion of physical activities are planned. All of them are connected with partnerships and they are related to promoting cycling to schools and developing safe pathways for cycling or by creating new playgrounds on the municipalities' level, promoting physical activities in schools and creating friendly atmosphere for that. Promoting physical activities in children is investing in their healthy future.

But, Physical activity should be promoted for all age group. As in whole Europe, our population is aging. Development and progression of many non communicable diseases, those I have already mentioned, as well as low back pain and this is connected with the locomotion system can be decreased. By activities organized at working place, not only health status but also productivity can be improved.

So, there are many opportunities for partnerships and joint actions and on the behalf of the Ministry of Health of Serbia I would like to give the initiative for developing joint programs and projects by promotion physical activity to improve health status of our population.«



How to build capacity in SFA Associations to prioritise health as a topic?, Herbert Hartmann ISCA Vice President



How can health-enhancing activities in sport be defined?

»The term HEPA (health-enhancing physical activity) is frequently used in relation to the health benefits gained from physical activity. It should be understood as any form of physical activity that benefits health and functional capacity without undue harm or risk.

The main sources of health-enhancing physical activities encompass normal and simple activities such as walking, cycling, manual labour, swimming, skiing gardening, recreational sport, and dancing«. (WHO-Europe: Steps to health, 6).

The WHO document distinguishes further on between »physical activities« and »physical exercises«:

»Exercise is a subset of physical activity, defined as planned, structured, and repetitive bodily movement to improve or maintain one or more components of physical fitness and health«.

This differentiation is based on the fact that any form of physical activity contributes to better health. But special, structured, goal orientated programmes can provide better and more stabilized health effects.

The EU Physical Activity guidelines assign even more organised sport a prominent position in regard to the improvement of health promoting activities:

»Sport organisations contribute to the social well-being of communities and can ease pressure on the public budget. Through their versatility and cost-effectiveness, clubs can help meet the need of the population for physical activity. A major future challenge for the organised sport sector should be to offer high-quality health related exercise programmes nationwide« (p. 14)



How to develop strategies for health-enhancing sport activities in a SFA organisation?

Health intervention approaches:

- General HEPA-Sport approach
- Fitness-Sport approach
- Health-Sport approach
- Healthy-Club setting approach

HEPA policy development:

- Strategic goals
- Clear name and programme message
- Process planning
- Concept for internal implementation
- Evaluation procedures

Product development:

- Exercise programmes
- Campaigns/projects
- Information and teaching material
- Club consultation
- Quality marks

Health Enhancing Physical Activity Strategy

Human resources qualification:

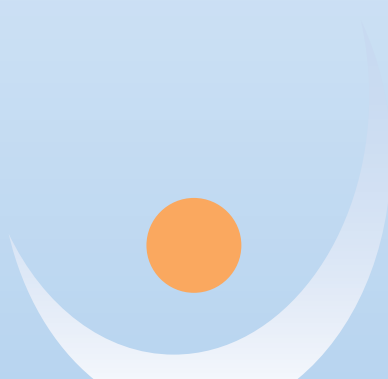
- Instructor qualification
- Leadership qualification
- Managing qualification

Organisational and working structure development:

- Internal working system (positions; functions)
- Communication system
- External co-operation

Lobbyism and marketing:

- Political lobbyism
- Public relation
- Fundraising
- Networking with other stakeholders...



Principles setting the strategy:

- Holistic: The strategy needs a multidimensional procedure. Different components need to be co-ordinated.
- Systematically: The concept must be systematically developed. That means, a number of elements have to be put together in an overall system by a recognizable logic.
- On long term basis: The concept must be put on in the long term way and be orientated itself at the basic conditions and resources of the organization Step by step: The concept is to be realized with reference to existing resources and the readiness for conversion step for step (strategy of the small steps). Too vigorous procedures and too excessive demands should be avoided.
- Continuously: It requires constant impulses to receive and to strengthen the readiness for cooperation and communication.
- Interactively: The organization must totally feel addressed in their vertical and horizontal structures. The units are to be networked in an appropriate way. »Top down« and »bottom up« procedures are to be interconnected. Participation is needed.
- Effective and evidence based: The strategy should take into account regular evaluation procedures. Interim results should give reason for revision.

In our days it will be much easier to implement the health perspective and to build capacities in a sport association, than it was 20 years ago:

- The individual and social consciousness for fitness and health has improved.
- National and international political documents can be used as door opener, and they recognise sport organisations as a competent partner.
- The health sector has become more open to accept the sport sector as a competent stakeholder in the field of health-prevention.
- The way sport federations see themselves in their social-political responsibility has changed to a large extent.
- The progress and experience of other sport associations can be used for own strategies.

Be challenged for capacity building in the health perspective!

Your investment will be rewarding for the benefits of your association.

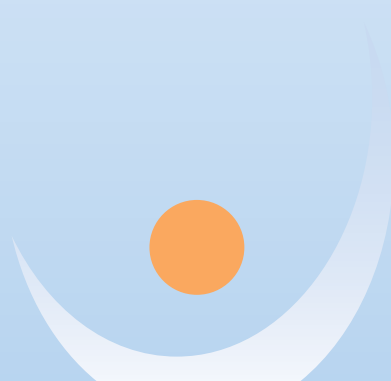
ISCA will assist you!



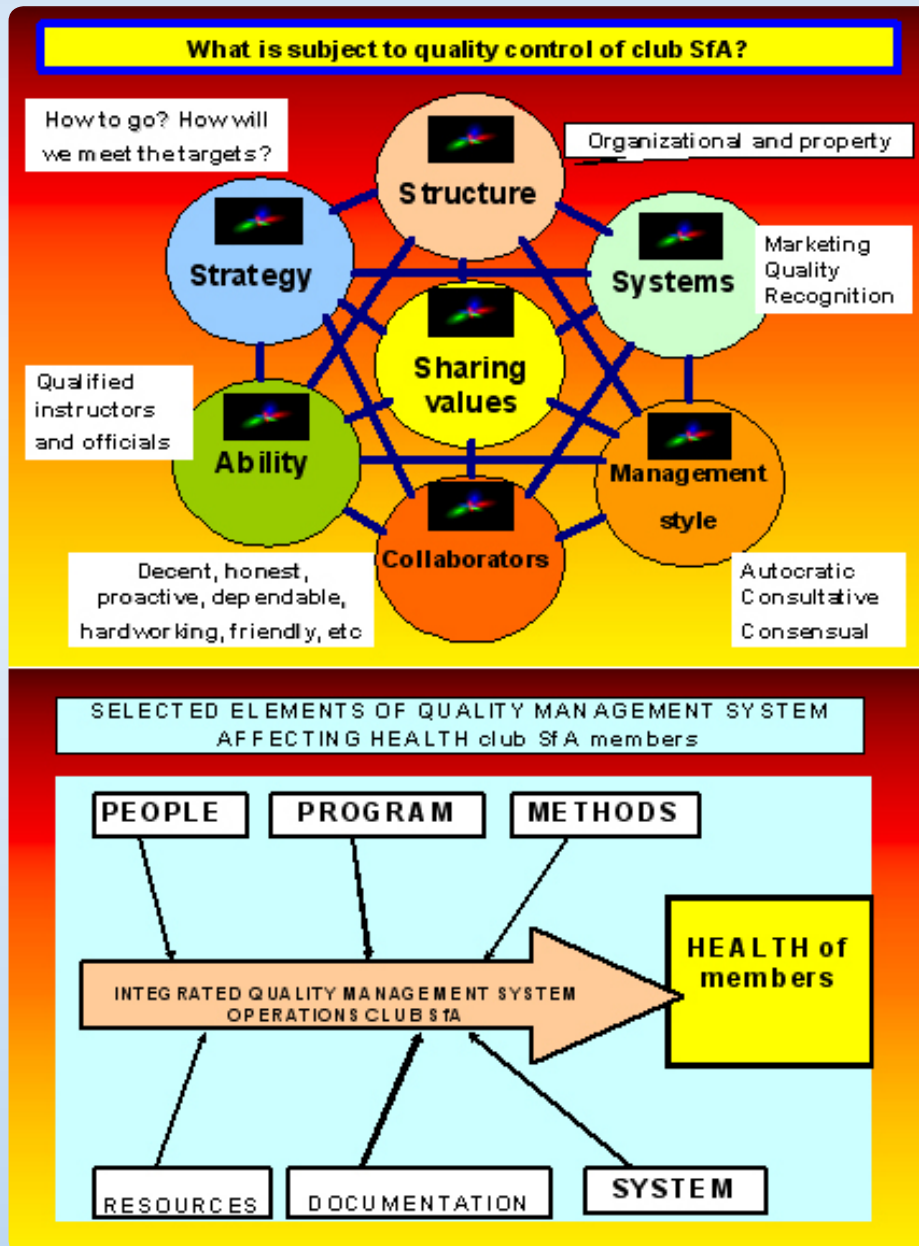


Three year review of PATHE and PATHE Declaration,
Jacob Schouenborg, ISCA Secretary General

»...It will be exciting to follow how ISCA will continue to contribute to healthier societies in the future. I wholeheartedly thank the national associations of sport for all - members and non-members of ISCA - for their huge contribution to the PATHE project as Associate and Collaborating partners. And I look forward to working with you in the future as we establish the cross-cutting cooperation and discern the new trends that will guide the way to a healthier and more physically active lifestyle in Europe and beyond.«



Quality management strategy in developing health activities PATHE - Quality certificate, Jan Kalina, CASPV



How kids become actors of their healthy lifestyle?

Pascale BOURDIER, USEP, France

The aim of USEP is to educate young athletic individuals, that is to say developing kids abilities such as:



- Solving problems and taking decisions.
- Having creative and critical thoughts.
- Communicating efficiently and being perceptive in your interpersonal relationships.
- Having empathy for others and self-awareness.
- Managing your stress and emotions.

It took us some time to set up a project and to spread it in our local network and it will take us even more time to observe the evolution of kids behaviors and to measure all of their effects.

As kids practice, it's necessary to teach them, step by step, how to identify the decisive keys of their health. USEP encourages and leads kids to think about their behaviors and those of others, to understand the world in which they live as to help them make their own plans and improve their behaviors. This step is significant, it's part of adopting a reflexive attitude.

Francesca D`Ercola , UISP, Italy



UISP project was developed to realise an information campaign on active life styles based on Sport For All as practice able to promote well-being, health, fight against obesity, not focusing on a simple transferring of information from experts, but promoting the perception of everyone like active subject as well as responsible of own choices, starting from the beginning.

Activities for parents and children,

Vladimir Dostal and Dagmar Toncarová



»With respect, not only to our geographic location in the centre of Europe, but also to the traditions and general popularity of some kinds of sports, the scale of activities of children and their parents is really wide. These activities

include both those indoor - various kinds of gymnastics, games, dances - and outdoors, in nature; in summer-time learning to swim in nature and various other activities in summer camps, in winter-time all convenient ice and snow sports, mainly skating and skiing. The whole box of these activities we call »HEALTHY FAMILY«.



Parallel Workshop 2

Ismet Kapetanovic, »Lets be active«,
Bosnia and Herzegovina
My Health in Game or how to return
the child an actor of his health

POSITIVE AND NEGATIVE EXAMPLES ACTIVITIES WITH CHILDREN



Thanks to the initiative and enthusiasm of individuals, informal groups, NGO's, teachers and sports leaders in various fields, we have positive examples of activities for children and young people, where they have a chance to learn and to influence the situation and changing environment in which they are located.

- In many pre-school equipment and didactic means of the apparatus is not good, but the activities carried out by the professional educators with children are of great importance for the children and families in general.
- Of special importance in this part shall be given appropriate education to children in this age group related to nutrition, hygiene, moving efforts to influence on the parent's activity too.
- Work on the effort to organize events in the local community, town or region which affirm physical activity, healthy lifestyles and the SFA for the youngest children age to 6 or under 12 years with the involvement of parents and entire family. Unfortunately it is more the exception than the rule, because the support of ministries and government is rare and insufficient.
- In primary schools, children sports coverage is far higher (pupils from 7-11 years old). In all schools attention is paid to sport sections and activities through the clubs. Adverse circumstances is enormous pressure of sports clubs for children younger ages, which often included early in the training process in football, basketball, volleyball, handball, tennis.

- There is no access and involvement of children to activities which affirm healthy lifestyles, motion, physical activity in general (spending time outdoors, hiking, water sports).
- The role of media in this area is very important, but often inadequate and geared to promote competition in sports leagues only. In particular, we can estimate the inadequate when it comes to the affirmation of SFA activities for children and young people, but also for any target group.
- Evident is the lack of teachers and sports leaders which were specialized for the work with children of the youngest age. Whether it is an educational institution or free activities.

FUTURE PERSPECTIVES - RECOMMENDATIONS

The next approach should be a priority to make a strong and well-prepared efforts to:

- Building SFA structures on the entity level (Federation and Republic of Serbia).
- Binding and build a common structure of the SFA at the level of Bosnia and Herzegovina.
- The development of associations, clubs and centres of activity at lower levels.
- Additional education and training of teachers and sports leaders to work with the youngest age children.
- Use the unique methodology of working with younger children through the education system (pre-school and elementary school).
- Provision of appropriate methodologies, literature and didactic materials adapted for children. Adaptation and translation into our language and literature of the complete methodology.
- Obtaining adequate support from state and entity ministries.
- The SFA design long term strategies with emphasis on movement, physical activities, promotion and affirmation of healthy lifestyles, healthy eating, hygiene and staying at countryside.
- Development of projects and programs of regional and international cooperation with the partners (USEP, ISCA...).

Some preliminary considerations to facilitate the dialogue and further discussion, Paolo Adami, FIAF Italy



The White Paper on Sport gives some strategic orientation on the role of sport in Europe in order to encourage the debate on specific issues, however the document contains some critical points and contradictions which should be debated and cleared, to avoid future misunderstandings and to pave the way for a cooperative/constructive dialogue.

It is necessary to use proper terminology and know the precise meaning of the words we use in order to achieve a common understanding. Therefore it will be useful to define a «Glossary of Terms».

In this process we should analyse and define the relationship between «sport» and «HEPA», health-enhancing physical activity. It is important to establish what we mean by physical activity and its related terms.

Physical activity refers to all energy expended by movement. This broad definition includes all contexts of physical activity, i.e. leisure-time physical activity (including most sport activities and dancing), occupational physical activity, physical activity at or near the home and physical activity connected with transport.

Exercise, on the other hand, is a planned and purposeful attempt, at least in part, to improve fitness and health. It might include activities such as brisk walking, cycling, aerobic dance, and perhaps competitive sports.

Unlike physical activity and exercise, which are behavioural processes, physical fitness is a set of attributes, such as strength or stamina, that determine capacity for physical activity.

Fitness is largely the result of our levels of physical activity, and programmes of exercise can be devised to improve specific aspects of fitness.

The term health-enhancing physical activity is frequently used (and often referred to as HEPA) in relation to the health benefits gained from physical activity. It should be understood as any form of physical activity that benefits health and functional capacity without undue harm or risk.

Is it really, or can we call it SPORT?

It is necessary to convince ourselves IF and HOW «sport» can be good for «health» and determine if the sport sector can really contribute to enhance people's health. If we can honestly answer these questions with the support of «scientific evidences», then we can start thinking about what can be done to achieve our goals.

The «health» sector is often critical of the sports sector and its activities/practices, which in large part are not associated to health. There is much uncertainty, doubt and unreliability regarding the health benefits related to the sport activities performed in and offered by the sport clubs (I am not talking about the competitive ones, which must respect specific rules and norms).

The lack of cooperation among the various actors and operators is not making things easier.

Common goals are almost inexistent. In order to survive everybody defends his own territory, fighting against everybody else, instead of joining together, to intervene/act and protect the few essential and basic common interests.

Parallel Workshop 3

The sport sector thinks and talks mainly within its environment and boundaries, like many other sectors, including the health sector, which deals within its own system and operators.

It is necessary to develop a cross- sectoral dialogue/cooperation and the adoption of new roles by diverse actors who are already well-established and respected in their fields of competence.

This is possible only among sectors that respect each other. This respect must be based on credibility, which is gained/granted only when it is possible to provide »measurable« elements/coefficients. Whatever cannot be »measured« has no »value«.

Here are some suggestions:

1. It is necessary to make a SWOT analysis.
2. Develop, promote and implement real BEST PRACTICES. Only »Code of Conduct« are not good enough, most of the times they are a simple good will declaration which produce scarce results.
3. Define the »framework« of requisites, which indicates the »minimum standards« which must be established and based on measurable evidence/requisites.
4. Create a set of voluntary common European Norms, established under the authority of the National Norms & Standard Bodies.
5. Flexibility is necessary to encourage/stimulate the growth of the markets, but flexibility should be permitted only over the level of the »minimum standards«, to enhance transparent competition which should be the base of any modern society.

More people, more active, more often

How to build capacity in Sport For All Associations to prioritise health as a topic? How can an organisation develop and implement a health strategy to mainstream health in the organisation?



**Between Public and Private Policies:
how to fill the gap?**

Antonio Borgogni, University Cassino, Italy

- Proposing projects at school level account of the Hardman's recommendations.
- Finding alliances and building projects starting from evidence based data and literature review.
- Using internationally validated tools like IPAQ.
- Using internationally validated tools like SF-36.
- Using the most updated data like Eurobarometer.
- paying more attention to environments facilitating physical activity.

»PATHE project is a long term process or never ending story«



In partnership for health-
enhancing physical activity,

*Peter Gelius, University of Erlangen-
Nuremberg, Germany*

Find researchers **open** to cooperation

Listen to researchers, but also **tell them**
what you need to know

Cooperation should be **mutual learning**

Researchers need **strong partners** –
maybe SFA associations?

»We took responsibility to contribute to healthy nations« by PATHE Associate partners

What lessons did we learn from PATHE project?,
Jean Claude Arnaud, USEP

Main qualities required

Endurance

Courage

Availability

Modesty

Strength of character

Self sacrifice

Humility

Respect



PATHE was a good way for:

- Developing our own project by sharing experiences.
- Disseminating our initiatives and knowledges.
- Creating a common language in the field of health and sport.

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PATHE Conference adopts Declaration on Physical activity and health promotion

Belgrade, Serbia, 24.4.2010

PATHE Conference participants, representing more than 13 Sport for All associations and other stakeholders from all over Europe

Overall

- **Confirm** that Public Health has become prominent on the political agenda in the past few years and will continue to constitute a huge national and international challenge in the years to come. Sedentary lifestyles, physical inactivity and obesity are some of the obstacles on the »healthy road of life«. For individuals and for nations, this health challenge has a huge impact, both socially and financially. Sport and its widespread organisational structures provide a valuable setting where people can be reached, motivated and assisted to change their lifestyle and improve personal health. This unique value of the sport organisations is ready to be utilised further and enriched through quality programmes and activities.
- **Reaffirm** the value of cooperation between Sport for All Associations, of cross border and euro-regional exchange and inspiration in order to increase capacity to develop health promotion and - prevention activities as well as goal-oriented health enhancing physical exercise programmes
- **Welcome** the establishment of a constructive dialogue with stakeholders at the European and national level and call on the European Commission to further strengthen its on-going dialogue and cooperation with the world of sport for all in relation to health promotion. In particular, participants call on the European Commission to include in the upcoming Sport Programme sport and health programmes to support cross-border transfer of good practises, international knowledge sharing and development of common health sport initiatives.

Regarding quality management

- **State** »With Quality Management of Physical Activity programs and Healthy Exercise programs, the associations and clubs are able to document to the public and stakeholders that their offer of Physical Activity programs and Healthy Exercise programs are of high quality. The Quality Criteria enable people who are interested in exercise to find the program that suits them best. The Quality Management processes of health/health promotion/physical activities must lead to continued improvement of performance to stay competitive, must lead to knowledge sharing among the actors, clubs and stakeholders, must document Quality Assurance and must support the preparation of certification. Not

just the process and management but also the promotion of Quality Criteria and related activities help to realise our efforts to ensure and offer quality and health beneficial exercise programs in sport clubs and to constantly improve these programs.«

Regarding physical activity for children and youth

- **State:** »Regular physical activity for children and adolescents is necessary for their physical fitness, confidence, happiness and to lead a healthy lifestyle. It has many benefits including promoting healthy growth and development, reducing the risk of developing disease later in life and increasing self esteem in both young children and adolescents. It is a great way to socialise and can bring communities together. It is essential that Physical Activity Programs for children and youth are specifically targeted the respective age groups and developed with high quality and attention to the needs, feelings and life situations of the children and youth in their different settings.«

Regarding the continuing of cooperation and new initiatives

- **Commit** to sharing their knowledge in health-enhancing physical activity and exercise programs and to exchange best practices and educational and promotional materials from local, national and international initiatives.

Regarding best practises

- **Commit** to sharing and valorising the best practises that have been presented at the conference and collected in the PATHE handbook as well as new practises that are surely arising.
- **Encourage** further overall theoretical and methodological development of concepts and strategies that can be the framework for such implementation of best practise.

Background:

With the PATHE project Sport for All organisations have committed to involving themselves in health prevention and -promotional activities. The results are manifest in campaigns and activities by associate and collaborating partners, which are documented in the Pathe Handbook.

During the PATHE Period cross border exchange and inspiration from existing and future health promotional initiatives were developed through twinning and consultation activities between associate and collaborating partners and disseminated via ISCA channels and public events of PATHE (Seminar 2008, Seminar 2009 and Closing Conference 2010).

Extra agenda activity: Over the course of the Conference PATHE partners were interviewed by ISCA staff on PATHE activities, partners work and on future initiatives. Here are some answers!

1. Over last 3 years working in PATHE project, what challenged you the most and where you learned the most?

Czech Sokol: What personally challenge me the most was to persuade all collaborators to pull one rope. PATHE is not our duty, it's our chance, opportunity to develop something. Interests were wide, the most difficult was to persuade them.

One of the very important things that we have learned was, how to receive wider support, e.g. insurance companies. Iztok showed us new way of looking and approaching to the problems, marketing aspect, which was completely new for us.

Lets be active, Bosnia and Herzegovina: To get involved into the projects, to have an overview about situation and to get experiences from the best practices was definitely something where we gained a lot. Through direct bilateral meetings, we got different materials and experiences to further present in BiH, on national and local level. For me personally was the biggest difficult how to explain the situation in BiH (financial-economic and political) to other countries.

UMFI, Iceland: To try to establish fitness centre as DGI in Iceland is still biggest challenge. On the other hand, one system doesn't necessary work in other country. It's not easy and it can take a while.

2. Can you list one thing that ISCA or Associate partner could do different, in order to make this project even better?

Czech Sokol: More clear information on concrete rules, aims and objectives for realisation of the project (concerning the very different approach in each country).

Lets be active, Bosnia and Herzegovina: ISCA should prepare or include establishing structure (association or union) through seminars, meetings, etc., in BiH, because it doesn't exist - we have 3 governments (Srb, BiH, Cro) and no one is working on its reunion. It's like a vicious circle, whereas others are developing fast, BiH is revolving in a circle.

UMFI, Iceland: Openness with choosing CP. Question »What can work for everybody« was missing. Purpose is the same, we should pay more attention in different ways of reaching it.

3. What could be the topic/activity, that you would like to work in the future (perhaps in combination with SANTE)? // What will be your focus of your organisation in the future?

Czech Sokol: Within the SANTE project we are very much interested and focused into the topics involving seniors. I must say that this conference is great to meet some partners and to talk about the future.

Lets be active, Bosnia and Herzegovina: USEP gave us lots of useful educational materials and the working method. It would be good if UISP could find some financial support, so that we could translate those materials and to transfer methodology closer to BiH culture. But I must say, they have been very engaged in the case. They tried, applied to European funds and did their best, but unfortunately unsuccessful. It would be good if ISCA would like to be our mentor, and help us how to get extra resources.

UMFI, Iceland: Unfortunately we can't be part of the SANTE project. So, we will continue on national level, UMFI's project promoting health and Sport for All, where event itself is lasting for 103 days (same as UMFI's age).

We have learned a lot from PATHE, we gained a lot. Now, we would like to be more involved into future activities.

4. If you would have 300.000 euros (same amount that we had for PATHE), how would you spend it on national level for the promotion of health and PA?

Czech Sokol: Enhance educational system, would be the first focus. And of course, we would buy equipments to make PA more attractive and more available for everybody.

Lets be active, Bosnia and Herzegovina: Huh, lots of things. As I mentioned before, translate different materials, buy equipment, invest money into promotion of PA and work on consent of interests in BiH.

UMFI, Iceland: Invest into the educational program, take one step further toward healthier Europe. Organising more activities, exchanges and developing international cooperation.

Statement of PATHE Conference participants

***Dasa and Vladimir
from Czech SOKOL***

»As participants of PATHE Conference we would like to give our »thanks« for all work which ISCA staff members have done for the success of the whole project and the Closing Conference itself. We felt very good during the Conference and the days spent in Beograd were very pleasant for us. The program was perfectly prepared and balanced. We went home with the feeling that we could really express our standpoints and opinions during the discussions.«

***Georgina Larrotcha Huther, Programes
Internacionals i de Salut, UCEC, Spain***

»This Conference has been good opportunity to work with you. We have caught a lot of good ideas in the moments that we shared all together. We did a powerful job and difference ideas to make a healthier Europe.

This Conference has given us good cooperation possibilities and relations with the other project partners and we hope that future meetings and projects will give us more time to share our activities and will give us new good ways to increase health of the whole population in Europe.«

***Ismet Kapetanovic from Lets be active,
Bosnia and Herzegovina***

»PATHE Conference gave us the opportunity to strengthen our cooperation, friendship and to exchange new ideas and experiences. We believe that in the next period we will have more opportunities for direct cooperation, preparation of new projects and meetings. Thank you for this.«

***Association Sport
for All Serbia***

»It was our pleasure to host the Conference in Serbia. We do hope that you had a great time. We did a great job all together and also we made some difference in the procedure of making healthier Europe. We believe that this is just a beginning of our cooperation and friendships.«

Aleksandar Ivanovski Alex, Serbia

»By promoting the practice of physical and sports activities, the objective is to seek to develop the taste and culture of a balanced practice through physical pleasure and to help people to become actively involved in their own health. PATHE is developing the national initiatives and helping to reach the healthier lifestyle.«

Jitka Hozáková, CASPV, Czech Republic

»I would like to thank you for everything. It was my first experience with PATHE and I am enthusiastic. We have a lot of energy to develop new projects in Czech Association Sport for All together with ISCA and other PATHE partners.

Many thanks!«



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