



THE EUROPEAN
SPORTS NGO

ANNUAL REPORT

20

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President's message

Dear friends,

Let me begin with gratitude and appreciation for our members and partners who play an incredibly important role in developing and strengthening ENGSO and the European grassroots sport movement.

I am sincerely thankful to our member organisations, our long-time partner European Lotteries, other partners, our committee, staff and friends for their support throughout the 2021.



Without a doubt, 2021 has been another challenging year. Sport clubs and sport organisations had to face numerous challenges related to the pandemic, from closures and economic instability to the loss of members and cancellation of events. I am pleased to say that ENGSO actively contributed to finding solutions for an efficient recovery of the sport movement as a member of the European Commission's Expert Group on Covid-19 response. Through the Healthy Lifestyle 4 All initiative, the grassroots sport community ENGSO were recognised as a powerful tool to keep the European citizens healthier and more resilient to unexpected challenges such as the Covid-19 pandemic.

Despite the ongoing crisis, I am sincerely grateful to the Lithuanian Sports University and Lithuanian Union of Sports Federations, along with the European Lotteries and European Association for Sport Management (EASM), for hosting another successful and in-person edition of the European Sport Platform conference.

With an aim to revitalise and strengthen the European grassroots sports movement, 2021 was dedicated to developing innovative solutions, prioritising mental well-being and establishing an equal playing field for people of all ages and from all social groups. Our projects CHAMP, SPIRIT and EQUIP, with the help of the Equality Within Sport Committee and EU Advisory Committee, were the driving force behind those actions.

This past year taught us that young people are the leaders of tomorrow. I am thankful and inspired by our youth body ENGSO Youth, the work and the positive change they are making within the youth movement in Europe.

Before concluding, let me once more express appreciation to ENGSO members, partners, colleagues and friends; thank you for your contribution and support during another challenging year!

Stefan Bergh,
ENGSO President



ENGSO

The European Sports NGO

Vision

Grassroots sport for stronger communities

Mission

Represent, develop and advocate for voluntary-based sport in Europe

Values

Democracy, equality, inclusion, sustainability, integrity and education

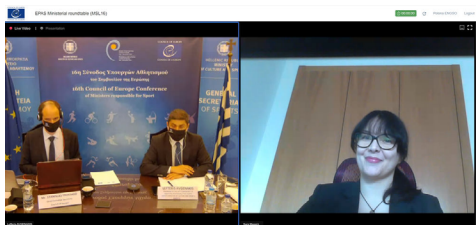
ENGSO is the European Sports NGO and the leading voice for voluntary-based grassroots sport in Europe. Together with our members – National Sports Confederations, National Olympic Committees and other sports organisations from 33 European countries – we form a network that brings together people of different ages and backgrounds that share a passion for sport.

2021 in review

For the grassroots sport sector, **2021** was another challenging year. Once again, our members and partners played an incredibly important role in strengthening **ENGSO** and the European grassroots sport movement.

January

Together with ENGSO Youth, we signed the **Sports For Climate Action** Framework, initiated by the United Nations Framework Convention on Climate Change (UNFCCC).



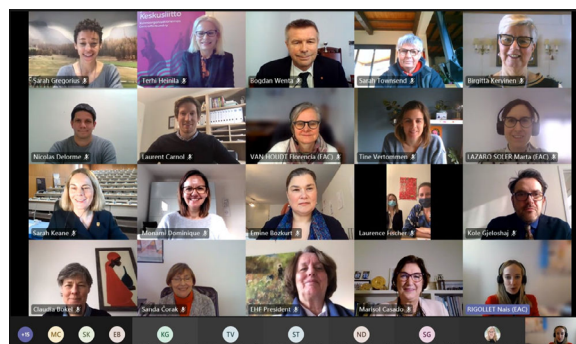
ENGSO Secretary General Sara Massini participated in the **16th Council of Europe Conference of Ministers responsible for sport** (Ministerial roundtable) and presented the position of ENGSO on the future of the European Sports Charter and Human Rights in sport. Sara Massini highlighted the urgent need to consider sport as a fundamental right.

ENGSO Policy Director Laurent Briel took part in the 6th meeting of the European contact group on the International Partnership against Corruption in Sport – IPACS.

29 January, Executive Committee online meeting

February

ENGSO Honorary President Birgitta Kervinen and Equality Within Sport (EWS) Committee member Secretary General of our associated member, EGLSF, participated in the first meeting of the European Commission's **High Level Group on Gender Equality in Sport**.



The Erasmus+ funded project **Inclusion in Sport (iSport)**, led by EUSA Institute, which aims to promote diversity and social inclusion in sport, held its kick-off meeting. ENGSO is one of the partners in the project.

March

ENGSO EU Advisory committee met to discuss the policy work and future development of the committee.



International Women's Day celebrated the social, economic, cultural and political achievements of women. ENGSO celebrated it with its Honorary President, Birgitta Kervinen, the 2017 IOC Women and Sport World Trophy Award winner and a role model to sportswomen from all over the World.

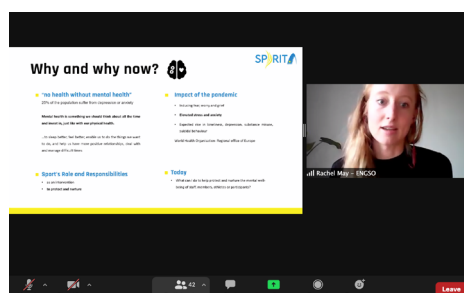
On the 23rd and 24th of March 2021, the European Commission organised the Erasmus+ Sport Info Day 2021. The day after, the Erasmus+ Sport Call for Proposals 2021 and the Erasmus+ Programme Guide were published.

April

ENGSO President Stefan Bergh, ENGSO Secretary General Sara Massini and ENGSO Policy Director Laurent Briel met with **Mariya Gabriel, European Commissioner** for Innovation, Research, Culture, Education and Youth. The commissioner welcomed the ENGSO delegation to discuss cooperation in the field of sport, especially in connection with health, grassroots sport, innovation and youth.



We took part in the event **"Youth spaces after COVID-19 - sport in flourishing communities"** which was hosted by the European Parliament Sports Groups and UEFA Foundation for Children.



ENGSO and the partners in the **project SPIRIT** hosted an **online seminar**, entitled "Sport and Mental Well-being". The seminar acted as a platform for discussing mental well-being with high level sport stakeholders in Europe, especially in the context of the current health crisis.

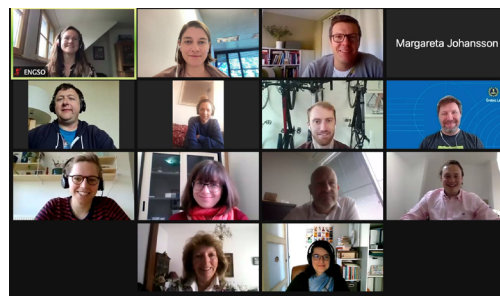
16 April, Executive Committee online meeting

May

We had a meeting with **Ms Florenica Van Houdt** to discuss the impact of **COVID-19** on grassroots sport, the new Erasmus+ Sport programme, equality policies and more.

The official kick off meeting for the **Erasmus+ project EQUIP** took place online.

19 May, Executive Committee online meeting



June

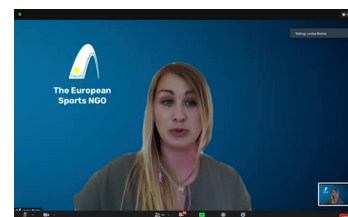
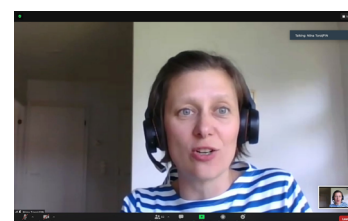
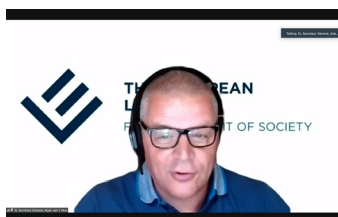
ENGSO Secretary General Sara Massini and ENGSO Youth Committee member Ivana Pranjic had the opportunity to participate in the Council of Europe **EPAS Forum on Sport and Human Rights**.

Ms Massini also represented ENGSO as a panelists in the online workshop "How can sport and physical activity better contribute to a healthier society?", at the **EU Sport Forum 2021**.

ENGSO President Stefan Bergh participated at the **EAS Consultative Committee Plenary meeting** and presented the extensive work that ENGSO has done in supporting the national sports federations during the pandemic.

ENGSO General Assembly 2021

Because of the global COVID-19 pandemic, the **29th ENGSO General Assembly** was organised in a virtual format, and held on Thursday, 17 June 2021. At the welcome speech, ENGSO president Stefan Bergh welcomed ENGSO members, partners and friends, and more than 50 participants ENGSO General Assembly 2021.



17 June, Executive Committee online meeting

July

CHAMP project meeting was held during July to discuss the final steps of the project, including the main output - the online course and closing conference.

August

ENGSO President Stefan Bergh, Secretary General Sara Massini, Office Director Marie Denitton and Policy Director Laurent Briel met in Brussels to discuss #ESP2021, activities planned for 2021 & the Action plan for 2022.

September

Before the launch of the 2021 edition of the European Week of Sport, **we spoke to Ms Mariya Gabriel**, the European Commissioner for Innovation, Research, Culture, Education and Youth, to learn more about the new initiatives, the Erasmus+ programme,



promotion of inclusion and well-being in sport.

Within the framework of the European Week of Sport (23-30 September 2021), **ENGSO and the European Lotteries** highlighted the importance of grassroots sport for mental health and well-being during a joint webinar.

ENGSO Secretary General Sara Massini and ENGSO Youth Chair Ugne Chmeliauskaitė signed a pledge, committing to actively contribute, as a grassroots sport partner, to the European Commission's new initiative **HealthyLifestyle4All**.

ENGSO and ENGSO Youth joined the Air Quality & Sport Alliance.

13 September, Executive Committee online meeting

October

Lithuania hosted the **4th European Sport Platform and CHAMP project final conference**. The three-day event was held in Vilnius, Lithuania, on 21-23 October 2021, hosted by Lithuanian Sports University and Lithuanian Union of Sports Federations, and organised in partnership with the European Lotteries, European Association for Sport Management (EASM), and within the framework of the Erasmus+ Co-funded CHAMP project.



21 October, Executive Committee meeting in Vilnius, Lithuania

November

ENGSO President Stefan Bergh chaired the **General Assembly of the European Paralympic Committee (EPC)** which took place in Limassol, Cyprus, hosted by the Cyprus Paralympic Committee.



December

ENGSO Secretary General Sara Massini attended the **Stakeholders' meeting on Erasmus+ mobility** in the field of sport. The aim of the meeting was to provide the feedback and proposals to the European Commission regarding the development of the mobility for sport staff program which is planned to start in 2023.

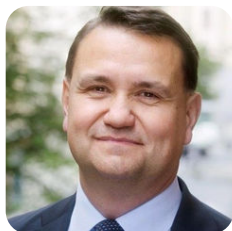
We also participated in the conference on **Integrity in Sport** which was organised by the Enlarged Partial Agreement on Sport (EPAS) of the Council of Europe and the Italian department for Sport, within the framework of the Italian Chairmanship of the Committee of Ministers of the Council of Europe.

The policy director of ENGSO Laurent Briel participated in the closing event of the Slovenian Presidency of the Council of the European Union's session **«Conversation on sport»**.

Equality Within Sport Workshops with six sport umbrella organisations - the so-called 'Coaches' of the EQUIP project- took part in the Equality within sport workshops organised by OPES in Rome, Italy.

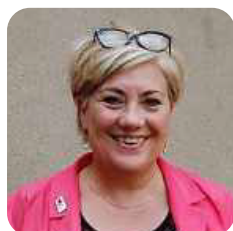
10 December, Executive Committee meeting in Copenhagen, Denmark

2021 ENGSO Executive Committee



Stefan Bergh,
President
Swedish Sports
Confederation

Sport contributes to improving all dimensions of equality. A modern sports organisation is systematically working to offer activities that include and welcome all genders, different ages and participants from all ethnical backgrounds.



Lotte Büchert,
Vice President
National Olympic
Committee and
Sports Confederation
of Denmark

Basically sport are for all no matter your sex, your race, your religion or your work. The rules of the games are the same all over the world. We are playing and having fun side by side. I think this is the strongest idea of all sport and it is the most powerful way to improve equality.



Sara Massini,
Secretary General
OPES Italia - CONI

Sports is a bridge between people. When we organize and manage the sports environment using a human rights based approach we naturally create the best habitat for people to feel part of the same community. Sport should recognise the different limits of everyone and create the lever to push everyone overcoming those limits, so that everyone is free to know that they are different in their uniqueness but equal in the opportunity.



Edina Andrejkó
Hungarian Competitive
Sport Federation

Sport, as a suitable tool, should have a role to play in helping the marginalized groups to integrate into society, such as people with disabilities, the disadvantaged, minorities, migrants, the addicted or those with a criminal record. Sport can provide these people with important community experiences, connections and successes, and can open gates for them to help them socially catch up and create equal opportunities.



Magnus Sverdrup
Norwegian Olympic and
Paralympic Committee
and Confederation of
Sports

Sport is the best tool within civil society to improve equality. By taking a leading role on this subject, I believe that it can inspire other parts of society to join. In order for us to take such a leading role, we have to make sure that we "have our own house in order". This requires constant attention from all sport leaders.



Michael Leyendecker
German Olympic Sports
Confederation

Through its core values, sport can provide an essential basis for gender equality. It is important to make it clear through sport from an early age that everyone - regardless of gender - is worth the same and yet different and unique. Making this tangible in a playful way can make sport an important driver of gender equality.



Anna-Maria Wiesner
Sport Austria

Sport can provide an environment that is characterized by trust and respect for all people, regardless of age, gender, origin, sexual orientation or physical and mental abilities. Sport has the power to contribute to the integration and inclusion of people from so-called disadvantaged groups to society through active participation in sport activities or in the sports club structure. Furthermore, sport promotes values and ideals, such as fairness and fair-play, friendship and community, as well as striving for top performance and peaceful comparisons in competition. Therefore, sport can do its part to improve equality and equity in society.



Filipa Godinho
Portuguese Sport Confederation

Sport and its unique values promote a friendly framework that allows everyone to be welcomed equally. It is in this environment that anyone, regardless their background or individual characteristics, can find a privileged space to express themselves positively through sport, acquire competences and carry them into their active life.



Ugnė Chmeliauskaitė,
chair of ENGSO Youth
Lithuanian Union of
Sports Federations

Grassroot sport can bring different generations together, where everyone is free to be themselves.



Sallie Barker, chair of
EWS committee

Equality is about recognising and removing the barriers faced by all those involved or wanting to be involved in sport. It is also about changing the culture of sport so that everyone can take part in whatever way they wish.

The 2021 ENGSO staff



Sara Massini
ENGSO Secretary General



Marie Denitton
Office Director



Laurent Briel
Policy Director



Polona Fonda
Communication
manager



Filip Filipić,
Technical support



Lovisa Broms
Project manager



Rachel May
Project manager



Floriane Poncet
Project manager

ENGSO Youth in 2021

Giving youth a real say in sport

Vision:

Establishing and nourishing strong alliances to empower youth's development through sport.

Values:

Integrity, transparency, equality, inclusion.

Work we do:

We operate by relying on advocacy, projects, policy and networking, with special focus on: Sustainable development in and through sport; Inclusion in and through sport, Health enhancing physical activity, Education and employability in and through sport; Sports diplomacy.

Milestones in 2021

- Signature of the Sports For Climate Action Framework, initiated by the United Nations Framework Convention on Climate Change (UNFCCC).
- Hosted the second online international seminar, titled "Sport as an enabler of Sustainable Development".
- Represented youth sport in the Global Sports Week 2021.
- Started the ENGSO Youth Alumni and welcomed the first members.
- Held the Youth Assembly and elected a new committee for the 2021-23 period.
- Released a new position paper youth sport for climate action - where are we now?
- The international activity "Step In For Inclusion", organised by ENGSO Youth, took place on 6-9 July 2021 in Lisbon, Portugal. 30 young people from all over Europe gathered to tackle the issue of exclusion of youngsters with disabilities in sport. The event was funded by the Council of Europe through the European Youth Foundation.
- Welcome 25 new Young Delegates from Europe and beyond.
- We signed a pledge, committing to actively contribute, as a grassroots sport partner, to the European Commission's new initiative HealthyLifestyle4All.
- Joined 'Air Quality & Sport Alliance', established by SandSi & World Athletics.
- The second position paper of the year was published: Recognition and validation of skills for youth gained through sports.
- We raised awareness about the important role youth has in addressing global issues, such as sustainability, innovation, equality and more at the 2022 European Sport Platform and CHAMP conference. which were held in Vilnius, Lithuania.

- We organised a local multiplier SWING project event for 12-18 years old youth leaders from Lithuania, on topic of women leadership.
- We also supported Lisboa Call for Sport Innovation and added our share to the European Youth Event in Strasbourg.
- Many projects reached the finish line in 2021; SWinG, EYVOL and MONITOR with useful toolkits for recognition of the soft skills, including focus on women leadership.

Representation

- European Sport Platform and CHAMP conference
- European Youth Event
- Global Sports Week 2022
- Opening of the European Week of Sport
- Sport Positive Summit 2021
- Erasmus+ Sport Info Day
- MONITOR project webinar
- MOVE Congress
- Council of Europe EPAS Forum on Sport and Human Rights.

The ENGSO Youth 2021-2023 Committee



Ugnė Chmeliauskaitė,
chair
Lithuanian Union of
Sports Federations



Filip Filipić, vice chair
Olympic Committee of
Serbia



Ronalds Rets Rezaïs
Latvian Sports
Federations Council



Henrietta Weinberg
German Sports Youth
(dsj)



Pál Vitalis Joensen Oly
Faroese Confederation
of Sports and Olympic



Iva Glibo
Croatian Olympic
Committee



Anett Fodor
Hungarian Competitive
Sport Federation

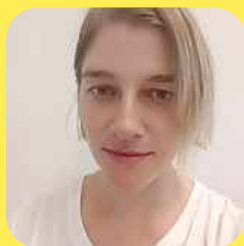


Sofie Korbee
The Netherlands Olympic
Committee*National
Sport Federation
(NOC*NSF)



Rashan McDonald
Sport and Recreation
alliance UK
(2021)

The 2021 ENGSO Youth staff



Polona Fonda
Communications
manager



Matej Manevski
Policy and project
manager



**Lithuanian Union of
Sports Federations**
Secretariat



Ivana Pranjić
Sport4SD
Project manager



Lovisa Broms
SCforH
Project manager

2021 - 2023 ENGSO Youth Young Delegates

Social inclusion

Rita Maria Loureiro Patricio (Portugal)
Ana Barradas (Portugal)
Nerijus Tabokas (Netherlands, Lithuania)
Amani Rawand Ben Brahim (Hungary, Tunisia)
Panagiotis Papageorgiou (Greece)

Employment and education

Marilena Veronica Ene (Romania)
Isaiah Kioiloglou (Greece)
Christian Hajj (France, Lebanon)
Marianna Pikul (Poland)
Mirjam Schwitter (Switzerland)

Health

Karolin Valdmaa (Netherlands)
Tabea Werner (Germany)
Laur Mihai Amanolesei (Romania)
Anna Martirosyan (Armenia)

Sustainable development

Aladdin Alrifai (Hungary, Lebanon)
Janka Deszatnik (Germany, Hungary)
Anton Klischewski (Germany)
Alessia de Iulis (Italy)
Jack Needham (UK)

Sport diplomacy

Riccardo Gabriele Bertelli (Italy)
Pedro José Mercado Jaén (Spain)
Paniz Yousefi Mojtahedi (Sweden)
Chelsea Alagoa (UK)
Fatima Ahmadova (Azerbaijan)

2021 EWS committee

Using full potential in sport

Vision:

The vision of EWS is equality in grassroots sport in Europe.

Values:

Democracy, equality, inclusion, sustainability, integrity and education.

Work we do:

The EWS Committee works to complement the political activity of ENGSO and does this by:

- Coordinating the work for equality within sport in Europe;
- Providing a hub of expertise and knowledge on equality within sport;
- Supporting the development of equality in all aspects and at all levels of sport;
- Facilitating the discussion and exchange of information and experience on equality in sport issues;
- Fostering relations and co-operation among relevant stakeholders;
- Representing the interests of ENGSO members when it comes to equality within grassroots sport;
- Liaising with, and securing, the presence of the International Working Group on Women and Sport in Europe.

Milestones in 2021

The EWS milestones were representing Europe on the International Working Group on Women and Sport and contributing to the development of the programme for their Conference in November 2022, the work on the EU's High Level Group and on reviewing the role and responsibilities of EWS in order to determine future ways of working and focus for 2022-2026.

EWS representation

- EWS attended 6 meetings of the International Working Group on Women and Sport (IWG)
- Participated in the EU's High Level Working Group on Women and Sport
- Presented a workshop on women and sport at the European Sport Platform in October in Vilnius.



**Sallie Barker, chair of
EWS committee**



**Sarah Townsend
European Gay and
Lesbian Sport Federation**



**Gena Sturgon
ENGSO Youth**



**Anja Rynning Veum
Norwegian Olympic and
Paralympic Committee and
Confederation of sports**



**Anabela Sousa
Vaz dos Reis
Portuguese Sports
Confederation**



**Sakis Kostaris
Hellenic Paralympic
Committee**



**Floriane Poncet
ENGSO**



**Sara Massini
OPES Italia - CONI**



**Sofie Korbee
The Netherlands Olympic
Committee*National Sport
Federation (NOC*NSF)**

2021 EU Advisory Committee

Grassroots sport for stronger communities

Vision:

The EU Advisory Committee operates at a strategic level, advising the ENGSO Executive Committee on EU matters to ensure a coordinated approach to our lobbying activities and smooth working procedures.

Values:

Democracy, equality, inclusion, sustainability, integrity and education

Work we do:

The EU Advisory Committee works to complement the political activity of ENGSO and does this by different actions in the policy field. During 2021 the committee has worked with;

- Roadmap for the green policy
- IPACS memberships
- New Bauhaus
- SHARE
- European Sport Model
- Guidance for Sport Clubs on Becoming Greener

Milestones in 2021

Key topics to tackle in 2021 were:

- European Sport Model
- Sustainability
- COVID-19
- Mainstreaming – positive reference to cooperation with different stakeholders
- Group of Interested Member States as working method

European Commission Expert Group participation

- Green sport
- Strengthening the recovery and the crisis resilience of the sport sector during and in the aftermath of the COVID-19 pandemic

EU Advisory committee representation

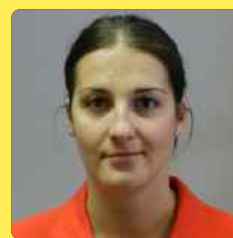
- Meetings with European Commission
- Meetings in EU expert groups
- EU Sport Forum
- Number of meetings arranged by the European Commission



Laurent Briel
ENGSO Policy director



Theo Neyenhuis
The Netherlands Olympic
Committee*National
Sport Federation
(NOC*NSF)



Petra Gantnerova
Confederation of Slovak
Sport Associations



Linda Rombola
OPES Italy



Julie Ravlo
Norwegian Olympic and
Paralympic Committee
and Confederation of
sports



Anthony Ferreira
French National Olympic
and Sport Committee



Matej Manevski
ENGSO Youth

Sports policy

From Expert Groups on Covid response and Gender Equality to Human Rights and Equality; ENGSO played a key role in advocating for equal, inclusive and humane opportunities for all within the European sport sector.

Grassroots sport in Europe and Covid-19 response

ENGSO President Stefan Bergh, ENGSO Secretary General Sara Massini and ENGSO Policy Director Laurent Briel met with Mariya Gabriel, European Commissioner for Innovation, Research, Culture, Education and Youth. The commissioner welcomed the ENGSO delegation to discuss cooperation in the field of sport, especially in connection with health, grassroots sport, innovation and youth.

ENGSO was a member of the European Commission's Expert Group on "Strengthening the recovery and the crisis resilience of the sport sector during and in the aftermath of the COVID-19 pandemic". We participated in the meeting in 2021 to make a presentation about the COVID-19 impact had on the grassroots sport sector.

We talk to Ms Florenica Van Houdt, Head of Sport Unit at the European Commission, on a regular basis to discuss the impact of COVID-19 on grassroots sport, the new Erasmus+ Sport programme, equality policies and more.

At the EPAS Consultative Committee Plenary Meeting ENGSO President Stefan Bergh presented the extensive work that ENGSO has done in supporting the national sports federations during the pandemic period.

ENGSO was also invited to take part in the online consultation on "EU Sport Policy: as-

essment and possible ways forward" and present the needs of grassroots sport. The consultation was coordinated by MEP Tomasz Frankowski. ENGSO supported also the report on EU Sport Policy that later was published and presented by Mr Frankowski.

We closed the CHAMP project which provided the European grassroots sports movement with new tools, conferences and the online course on innovation and modernisation of sports clubs.

Human Rights

As a member of the Council of Europe's EPAS Consultative Committee, ENGSO Secretary General Sara Massini participated in the 16th Council of Europe Conference of Ministers responsible for sport (Ministerial roundtable) and presented the position of ENGSO on the future of the European Sports Charter and Human Rights in sport.

Ms Massini, along with the ENGSO Youth Committee member Ivana Pranjić, also had the opportunity to participate in the Council of Europe EPAS Forum on Sport and Human Rights.

Equality

We launched the project EQUIP and held the first Equality Within Sport workshops.

The Equality Within Sport (EWS) Committee member and Secretary General of our associated member, EGLSF, Sarah Townsend, represented ENGSO in the European Commission's High Level Group on Gender Equality in Sport.

The Equality Within Sport chair, Sallie Barker, represented ENGSO within the International Working Group on Women and Sport, and secured the presence of the IWG group on Women and Sport in Europe.

Health

ENGSO Secretary General Sara Massini and ENGSO Youth Chair Ugne Chmeliauskaitė signed a pledge, committing to actively contribute, as a grassroots sport partner, to the European Commission's new initiative HealthyLifestyle4All.

Ms Massini also represented ENGSO as a panellist in the online workshop "How can sport and physical activity better contribute to a healthier society?" at the EU Sport Forum 2021.

Our project SPIRIT was active through the year. The team organised two online seminars and published Recommendations for Coach Education and Club Management. They also worked on the Coaching toolkit on mental well-being.

Sport integrity

We took part in the International Partnership against Corruption in Sport – IPACS meetings. We also participated in the conference on Integrity in Sport which was organised by the Enlarged Partial Agreement on Sport (EPAS) of the Council of Europe and the Italian department for Sport within the framework of the Italian Chairmanship of the Committee of Ministers of the Council of Europe.

ENGSO, in partnership with the European Lotteries, ENGSO Youth and the Swedish Sports Confederation, successfully applied for a new Erasmus+ project "Youth Integrity Ambassadors Programme".

Climate Action

ENGSO and ENGSO Youth were two of the organisations who joined the Air Quality & Sport Alliance. Both organisations also signed the Sports For Climate Action Framework, initiated by the United Nations Framework Convention on Climate Change (UNFCCC).

Sport Innovation

During the Portuguese presidency the ExCom member Filipa Godinho attended the round table on innovation and funding presenting CHAMP and other projects. The aim was to contribute in the discussion and better shape the program for sport in the future.

ENGSO also signed the innovation chart about the sport and innovation presented by the Portuguese presidency.

European Sport Charter

ENGSO contributed to the revision of the sport charter process, specifically with the European Olympic Committees EU office and other stakeholders of the Consultative Committee of EPAS, to finalise the content of the European Sport charter which was adopted in October.



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

ENGSO PROJECTS

CHAMP

Innovation in grassroots sports

Topic

Innovation and modernisation of the sports movement

Vision

The main aim of the CHAMP project has been to give the sport movement innovative tools and education for modernization, offering fresh insights of current trends and solutions for physical activity promotion through:

Evidence-based research on the benefits of modernization of the sport movement. This objective has been achieved through Intellectual Output 1. In this part of the project a research report was conducted. The report has been used as the knowledge base for the project and its other outcomes and it is also a great recourse for sport organizations with the need to educate about modernization and innovation within the traditional sports movement.

Research on and identify innovative practices to increase physical activity and sport participation inside and outside of sport. Objective number two has been achieved through Intellectual Output 2 and 3. The identification of innovative practices within the traditional sports movement was made through a data collection made by the project partners, who all are representatives from the traditional sports movement in Europe (Denmark, Sweden, Estonia, Latvia, Lithuania, Italy and Portugal). The identification of useful and innovative practices from organizations outside of the sports movement was achieved within Intellectual output 3. To establish this collection, relevant case studies on innovative practices were performed.

Production and dissemination of educational content on these innovative practices to modernize the sport movement and to make the educational material available for the public free of charge in a Massive Open Online Course (MOOC). Objective 3 was achieved through Intellectual Output 4 (MOOC) as well as through several dissemination activi-

ties and multiplier events. The online course How to manage a modern sports club was produced and distributed to European sports clubs, a website containing all reports and educational material as well as several multiplier sports events and several webinars was followed through by the project consortium.

Milestones in 2021

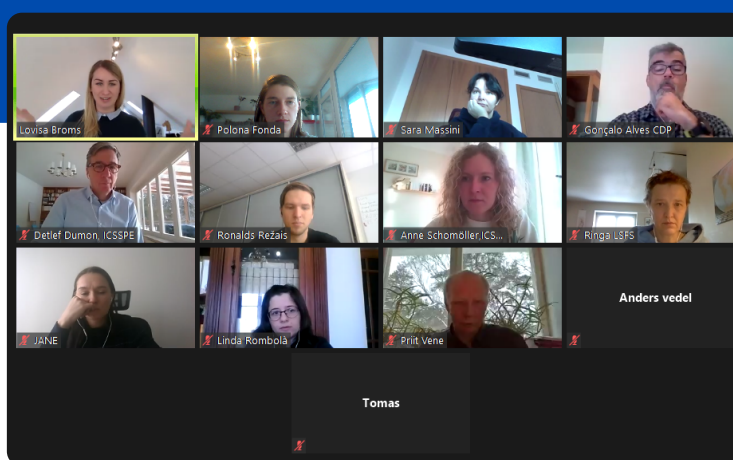
2021 was the final year of the CHAMP project and included several important milestones and events. First, the online course named: How to manage a modern sports club was finalized and launched. Second, several webinars and multiplier events were hosted by ENGSO and the project partners. Finally, the CHAMP final conference took place in Vilnius, Lithuania in October 2021.

Goals for 2022

The goals for the coming years in relation to the CHAMP project is to keep on reaching out with the outcomes. This will be done by keeping the project website, where the outputs and online course are hosted, up to date. Further ENGSO will keep on communicating the outcomes to ENGSOs members as well as the public.



Lovisa Broms
Project manager



Learn more: www.engso-education.eu/champ



Sport coaching for mental well-being

Topic

Inclusion in sport; sport coaching for mental well-being; inclusion of refugees and asylum seekers

Vision

The aim of the SPiRiT project is to develop a framework for humane, inclusive and empowering coaching and sport clubs that nurture mental wellbeing. The implementation of the concept of positively humane coaching can decrease drop-out levels in sport, thus increasing physical activity and improving public health. Vibrant and welcoming sports clubs result in more cohesive communities and societies, enhancing social inclusion. The project will create resources and tools including a set of policy recommendations and an online course for coaches in order to see the prioritisation of mental well-being in sports, particularly for the inclusion of groups who are at a high risk of suffering from poor mental well-being, such as refugees and asylum seekers.

Milestones in 2021

- Recommendations for Coach Education and Club Management ICSSPE led the work on compiling a set of policy recommendations, which is published and available for download on the SPiRiT web page [insert link]. This document targets Coach Educators and Sport Managers as actors that can influence the delivery of sport to ensure that it is better at supporting and nurturing the mental well-being of sport participants.
- Coaching Toolkit - The ITTF Foundation led the work on the Sport for Mental Well-being Coaching Toolkit (104), which is published and available for download on the SPiRiT web page [insert link]. This 180 page toolkit provides an enormous amount of guidance, instruction and practical tools for coaches to implement in their work. This provides guidance on how to nurture and protect the mental well-being of sport participants, in particular those who are at higher risk of poor mental health.

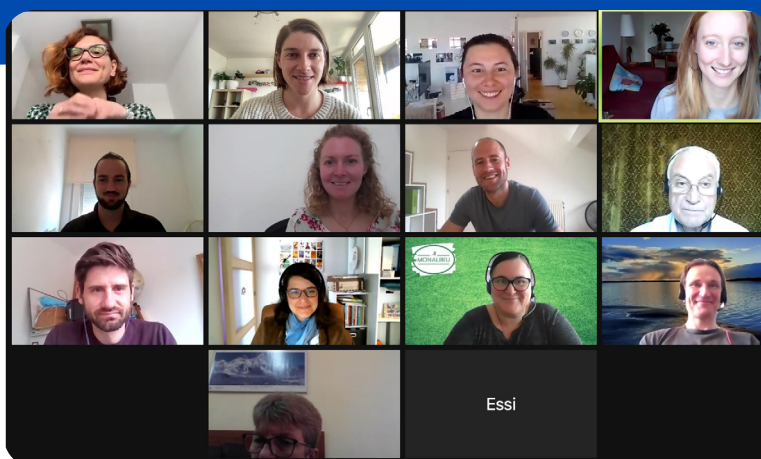
Goals for 2022:

- Launch Online Course The Sport Coaching for Mental Well-being course is currently under construction. We hope to have it available at the end of the summer and it will be officially launched at the Sport Coaching for Mental Wellbeing Conference.

- Multiplier Sport Events National Events: Due to the COVID-19 pandemic, the multiplier events could not take place as per the original schedule. Therefore 11 events are due to take place in 2022 across the partner countries. These events will disseminate the research, key findings and resources that have come out of the SPIRIT Project. Some will be organised for coaches, whilst others will target sport managers and coach educators. These will offer a forum for having important conversations about the inclusion of refugees, mental well-being in sport and society; how we coach sport and what kind of culture we create in out sporting contexts.
- Final Conference: 2022 will also mark the end of the SPIRIT Project, for which we will organise a 'Final Conference' alongside ENGSO's European Sport Platform in Arnhem, Netherlands. This event will take place on 13 October and will facilitate discussions and presentations and activities on the topic of sport coaching for mental well-being, in order to create more inclusive sporting environments. The content will of course draw on the findings and outputs of the SPIRIT Project's work since 2020.



Rachel May
Project manager



Learn more: www.engso-education.eu/spirit



Equip for equality in practice

Topic

Equality in sport

Vision

- The main aim of the EQUIP project is to improve equality in sport in Europe through the practical and sustainable implementation of the existing good practices and policies. The EQUIP project was conceived out of the acknowledgement that research and advocacy are strong in prioritising equality, but concrete actions are still lacking.
- Intersectionality EQUIP partners believe that equality should be approached from an intersectional lens in which every European citizen can freely and safely participate in sport regardless of any other discriminatory criteria. The project focuses on the following topics:
 - gender (including women empowerment, gender culture bias and gender reassignment)
 - sexual orientation
 - (dis)abilities (including physical, intellectual and hearing disabilities and visual impairment)
 - socio-economic status
 - racial and ethnic discrimination
- Cooperation Partnership EQUIP is a project co-financed by the Erasmus+ Programme of the European Commission, supported by the European Lotteries. It gathers 9 partners from 6 countries: Belgium, Greece, Italy, the Netherlands, Portugal, Sweden. All information about the project is accessible on the EQUIP page of the ENGSO Education Platform.

Milestones in 2021

- Project 'e-launched'! – The partners ran most of their work online in 2021 because of the restrictions imposed by the Covid-19 pandemic. They started with the creation of a Panel of equality experts to support them throughout the project. The experience of these external individuals and organisations covers all project equality topics.
- Equality Within Sport Workshops – Six sport umbrella organisations – the so-called 'Coaches' of the EQUIP project – took part in the Equality within sport workshops organised by OPES in Rome, Italy (December 2021). The main objective was to equip these organisations to become equality mentors and initiate a sustainable change with local sport clubs and/or national federations in their respective countries. You can read more about the activity [here](#).

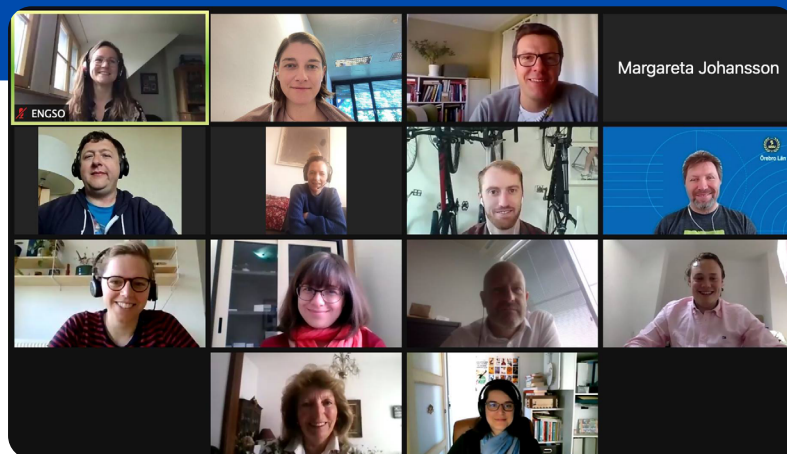
- Index of top policies and practices – Partners and experts published the Index of top policies and practices, under the leadership of the Centre for Ethics in Sport (ICES). This output has been conceived to bring useful inspiration for sport organisations and policy makers to continue working on equality in sport. You can download the Index [here](#).

Goals for 2022

- In 2022 and with the constant support of the panel of equality experts, the EQUIP ‘coach’ (sport umbrella organizations from six different countries) will develop tailor-made equality action plan for and with their sport clubs or federations –the so-called ‘Champions’ of the EQUIP project– to improve governance and tackle issues of inequality at any level within their structure.
- Equality-action plan design guide At the beginning of 2022, the EQUIP partners have created the Equality-action plan design guide. This guide includes canvas and workflow to be completed depending on different realities and possible actions. It is illustrated with concrete examples and is meant to be adapted and used by a diversity of actors, from local to national level, in and beyond the EQUIP project. You can download the guide [here](#).
- Implementing the change Over 2022 and 2023, partners will support the implementation phase of these action plans, testing and improving this design guide along the way. 2022 should also see the publication of another tool for sport organizations: the Equality within sport workshops delivery guide.

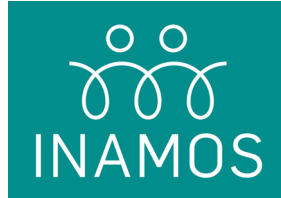


Floriane Poncet
Project manager



Learn more: www.engso-education.eu/equip

PROJECTS - ENGSO as a partner



Topic

Inclusion of Refugees

Vision

INAMOS, through comparative research provides recommendations regarding the impact of interventions from decision to implementation, in order to develop effective policy and ultimately, impactful practice.

The INAMOS partnership will seek a holistic understanding of the following questions: Which policies and strategies already exist in sport based integration for newly arrived migrants?

1. How are these policies rolled out to the level of local sports clubs?
2. What are the structural characteristics of voluntary sports clubs that affect their ability and willingness for integration?
3. How effective are sport-based integration practices?
4. How do these practices change the sports club as an organisation?
5. Is it possible, to generalise the project's specific findings in order to explain in broader terms how efforts to tackle general societal problems through sport can be incorporated into the practice of voluntary local sports clubs effectively without overburdening or jeopardizing the existing structures of these clubs?

Milestones 2021

In 2021 we reached out to a lot of sports clubs in each partner country to cooperate within the project. 38 Expert interviews with club officials have been conducted as a first step into the case study of each club. Then, 14 focus group interviews with club members and volunteers were added last year and just 8 focus group interviews with (newly arrived) migrants within the sports clubs have been conducted. Additionally, two documents as a results of our work have been published on our INAMOS-website: Research methodology and first stakeholder validation report.

Goals for 2022

The main goals for this year are finishing our fieldwork which has been in delay caused by various Covid-restrictions in the different countries. We are looking forward to conduct and finish the analysis of the collected data. During the phase of analysis the technical framework for the eLearning platform will be established. Then, we are able to implement the content based on our research results into the eLearning system. We either going to organise workshops / conferences with practitioners, decision-makers to convey recommendations and experiences from our research this year or next year depending on the decision on the request to extend the timeline of the project.

The logo for iSport features a stylized 'i' with a multi-colored circular icon above it, followed by the word 'Sport' in a bold, black, sans-serif font.

Topic

Inclusion in Sport

Vision

The overall objective of the project Inclusion in sport (iSport) is to promote diversity and social inclusion using sport as the vehicle, to enhance the sporting experience of all participants – athletes and volunteers, especially targeting women, LGBT+ and people with disabilities. It aims at promoting equal opportunities and raising awareness of the importance of health-enhancing physical activity through increased participation in, and equal access to, sport for all. It also targets managers – sports bodies and event organisers. The project builds on existing sport events to examine the form, requirements and participation of specific audiences to create an output on how these diverse communities could work together to create inclusive sport events at grassroots and international level.

The learning opportunity of these shared experiences will be realised by an online MOOC and an interactive learning tool to help consolidate the intake of information and the opportunity of living the 'other' experiences, and a final set of recommendations so that these learning experiences are transferable and can be used as guidelines for sport event organisers.

Milestones in 2021

As due to Covid-19 pandemic most sports events organised by the partners were cancelled or postponed, therefore, the year 2021 was dedicated to administrative tasks, as well as the gathering of information for the educational modules and interactive scenario-based tool ("serious game"), which will be developed as main project results.

Goals for 2022

After asking for an extension, the project partners identified the key events that will be visited and where data will be collected such as the EuroGames in July 2022 organised in the Netherlands, while continuing the development of the learning material.

European Sport Platform 2021

The three-day event was held in Vilnius, Lithuania, on 21-23 October 2021, hosted by Lithuanian Sports University and Lithuanian Union of Sports Federations, and organised in partnership with the European Lotteries, European Association for Sport Management, and within the framework of the Erasmus+ Co-funded CHAMP project.

The fourth edition of the European Sport Platform and the CHAMP project conference gathered ENGSO members, partners and friends from all over Europe. Sport innovation and modernization of sport clubs were the main topics of day one.

The conference began with ENGSO President Stefan Bergh and ENGSO Secretary General Sara Massini welcoming the participants and introducing the highlight topics of day one: sport innovation and modernization of sport clubs.

The CHAMP project conference was hosted and moderated by Lovisa Broms, CHAMP project manager, who introduced the project and its main outcomes, including the free online course "How to manage a modern sport club": www.engso-education.eu/champ.

The conference included presentations from CHAMP project partners, Teodora Pletosu, KEA European Affairs, and Hisham Shehabi, N3XT Sports. The main objective of the event was to introduce the online course and share insights into new findings in the field of sport innovation, digitalization and modernization of the sport movement.

Day two of the European Sport Platform 2021 highlighted the latest EU sport policy updates, the importance of research for grassroots sport, the ongoing inequalities in sport, and the need for athletes to have a dual career.

Friday began with welcome speeches from Stefan Bergh, ENGSO President, Diana Reklaitiene, Rector of the Lithuanian Sport University and Darius Saluga, President of the Lithuanian Union of Sport Federations.

Tomasz Frankowski, Member of the European Parliament and Florencia Van Houdt, Head of the Unit for Sport of the European Commission shared the updates about policy measures within the EU regarding sports, and the work of the sport group of the EU Parliament. Understanding the importance of research was the highlight of day two; Vassil Girginov, PhD, Reader in Sport Management/Development and President European Association for Sport Management, and Rimantas Mikalauskas, Associate Professor from the Lithuanian Sports University, led the first afternoon session, entitled «Evidence for impact – how grassroots sports can use research more effectively?»



Day two was concluded with two parallel workshops; Equality in Sport - Change that Inspires Change, moderated by Sallie Barker, chair of ENGSO EWS, and Dual Career: from policy to practice, led by Agne Vanagiene, Lithuania Olympic Committee. "Equality in Sport - Change that Inspires Change" session shed the light on the (ongoing) inequalities, with presentations from Rachel Froggatt, Secretary General, International Working Group (IWG) on Women and Sport, Emine Bozkurt, Chair of the High Level Group on Gender Equality, European Commission, and Francine Hetherington-Raveney, Deputy Executive Secretary for the Enlarged Partial Agreement on Sport (EPAS).



Dual Career: from policy to practice workshop showcased the need for athletes to complete the education process and build future work opportunities. The guest speakers of this session were Laura Capranica, President of EAS, European Athlete as Student (keynote speakers), Inga Staskeviciute Butiene, Associate Professor of Lithuanian Sports University, Wolfgang Stockinger, Founder & CEO of TW1N (dual career consultancy for athletes, institutions and EU projects), and Brigita Virbalyte, athlete, sport journalist and representative of National Athletes Association.

In the session entitled Sustainability in and through Sport - Air Quality (air quality issues that impact global sport) Dr Paolo Emilio Adami, Medical Manager at World Athletics and former ENGSO Youth chair, was keynote speaker. Mr Adami discussed the importance of air quality for athletes' health, and Niki Koutrou, Senior Lecturer (Academic) Sport Management at Bournemouth University and Play Green project manager, and Ivana Pranjic, former ENGSO Youth committee member and Sport4SD project manager, presented the initiatives and the outcomes of both Erasmus+ projects (Play Green and Sport for Sustainable Development).

European Sport Platform 2021 was concluded with a presentation from Yves Le Lostecque, Head of Erasmus Mundus & Sport Unit - EACEA, who shared important information and updates about the next sport funding, available also to grassroots sport organisations.

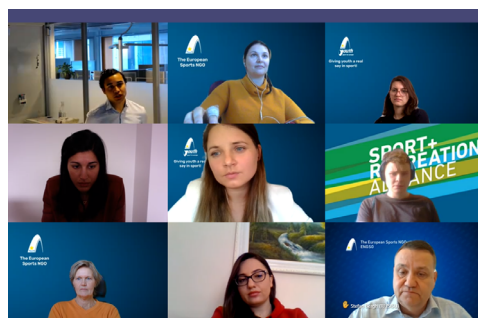
European Sport Platform 2021 was organised in partnership with:



Workshops and seminars

February: the power of youth in sport organisations

The current youth generation is acknowledged as the largest in history. That is why ENGSO in cooperation with ENGSO Youth decided to host a webinar entitled “The power of youth in sport organisations” and present the positive aspect of youth leadership in sport. Dur-



ing the webinar, we presented the pros and cons of youth bodies, highlighted good practices of ENGSO Youth, exchange experiences with Norwegian Olympic and Paralympic Committee and Confederation of Sports and Portuguese Sport Confederation, and raise awareness of the open opportunities for ENGSO Members to nominate representatives to ENGSO Youth Committee elections and Young delegates call for 2021-2023.

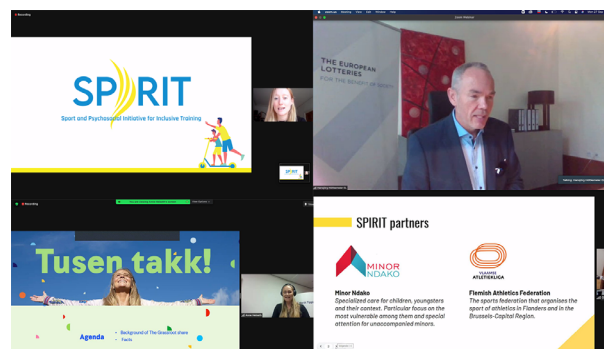
April: Let's talk about mental well-being in coaching and sport - SPIRIT seminar

The first online seminar for the SPIRIT project, entitled “Sport and Mental Well-being” was held in April. The seminar acted as a platform for discussing mental well-being with high level sport stakeholders in Europe.

During the seminar, guest speakers raised awareness on the importance of mental well-being in sport, especially in times of the pandemic. They spoke also about the definition of mental well-being and its essential role in our lives, shared concrete examples from the field and presented the SPIRIT project and its outcomes.

September / European Week of Sport seminar: ENGSO and The European Lotteries highlighted the importance of sport for mental health & well-being

Within the framework of the European Week of Sport (23-30 September 2021), ENGSO and The European Lotteries highlighted the importance of grassroots sport for mental health and well-being during a joint webinar, which was held on Monday, 27 September 2021.



ENGSO and European Lotteries share the same core values of responsibility, sustainability and integrity and are unified in their efforts to promote mental health and well-being through sport and physical activity in order to engage sport clubs, coaches and citizens at grassroots level to be active and prioritise the work with sport and mental well-being.



October: CHAMP project conference

The CHAMP project final conference was hosted and moderated by Lovisa Broms, CHAMP project manager, who introduced the project and its main outcomes, including the free online course "How to manage a modern sport club": www.engso-education.eu/champ. The conference included presentations

from CHAMP project partners, Teodora Pletosu, KEA European Affairs, and Hisham Shehabi, N3XT Sports. The main objective of the event was to introduce the online course and share insights into new findings in the field of sport innovation, digitalization and modernization of the sport movement.

December: Improving equality in sport in Europe, one step at a time

The Equality Within Sport workshops were held on 13-14-15 December 2021, in Rome, Italy and organised by the EQUIP project partnership under the initiative of the ENGSO EWS Committee. The event was hosted and coordinated by OPES Italia.

The main objective of the workshops was to equip the sport umbrella organisations within the EQUIP partnership to become equality mentors and initiate a sustainable exchange with local sport clubs and/or national federations in their respective countries (Belgium, Greece, Italy, the Netherlands, Portugal, Sweden).



The workshops included presentations from experts and testimonies of sport professionals on several topics linked to equal opportunities in sport; disability, gender, sexual orientation, socio-economic background and racial/ethnic discrimination. The workshops also focused on practical tools to support the participants with the planning of their national multiplying activities and the development of their mentoring programs.

Partners

European Lotteries

In 2021, the European Lotteries (EL) and ENGSO strengthened their partnership through various shared activities, events and projects.

EL and ENGSO have been cooperating for over 12 years aiming at strengthening the natural link between the members of EL and ENGSO. The agreement highlights the mutually beneficial collaboration in different areas in line with each organisation's strategy, striving for responsibility, sustainability and integrity.

The European Lotteries is partner in two ENGSO led projects: SPIRIT and EQUIP.



**THE EUROPEAN
LOTTERIES**

FOR THE BENEFIT OF SOCIETY

A new Erasmus+ funded project, in partnership with EL will start in 2022, entitled "Youth Integrity Ambassadors Programme".

In 2021, during the joint seminar, the organisations highlighted the importance of sport for mental well-being, which was held during the European Week of Sport. The EL were also one of the partners of the 2021 edition of the European Sport Platform, which was held in Vilnius, Lithuania.

Council of Europe - EPAS

As a member of the Council of Europe's EPAS Consultative Committee, ENGSO represented the European grassroots sport movement in several events and initiatives organised by the Council of Europe.

At the EPAS Consultative Committee Plenary Meeting the ENGSO President Stefan Bergh presented the extensive work that ENGSO has done in supporting the national sports federations during the pandemic. ENGSO Secretary General Sara Massini participated in the 16th Council of Europe Conference of Ministers responsible for



sport (Ministerial roundtable) and in the EPAS Forum on Sport and Human Rights. ENGSO also contributed to the revision of the sport charter process together with the European Olympic Committees EU office and other stakeholders of the Consultative Committee of EPAS. The aim was to finalise the content of the European Sport charter which was adopted last October.

European Commission

To discuss, advocate for and strengthen the cooperation in the field of sport, especially in connection with health, grassroots sport, innovation and youth, ENGSO



met twice with Mariya Gabriel, European Commissioner for Innovation, Research, Culture, Education and Youth. We were in regular contact with the EU Sport Unit and Ms Florenica Van Houdt, discussing the impact of Covid-19 on grassroots sport, the

new Erasmus+ Sport programme, equality policies and more. At the European Week of Sport we signed a pledge, committing to actively contribute, as a grassroots sport partner, to the European Commission's new initiative HealthyLifestyle4All.

EUSA

ENGSO continued the fruitful collaboration with the European University Sports Association (EUSA). We started a new partnership with the Inclusion in Sport (iSPORT) project, a two-year project co-funded by the Erasmus+ Programme of the European Union. The aim is to develop diversity and social inclusion in sport by enhancing the sporting experience of all participants – athletes and volunteers, especially targeting women, LGBT+ and people with disabilities.



ENGSO Youth joined a project proposal partnership with EUSA for 2022, a project application called "YOUMIND", on the topic of youth sport and mental health.

As every year, EUSA representatives were present at our General Assembly 2021, and ENGSO took part in EUSA's activities.

European Association for Sport Management (EASM)

Together with the Lithuanian Sports University and Lithuanian Union of Sports Federations, European Association for Sport Management (EASM) were one of the key partners in organising the 2021 edition of the European Sport Platform. At this



event Vassil Girginov, PhD, Reader in Sport Management/Development and President European Association for Sport Management (EASM), and Rimantas Mikalauskas, Associate Professor from the Lithuanian Sports University, led the session entitled "Evidence for impact – how grassroots sports can use research more effectively"

European Athlete as Student (EAS)

European Athletes as Students (EAS) and their president Laura Capranica were the guest speakers and the hosts of the dual career workshop at the European Sport Platform 2022. "Dual Career: from policy to practice" workshop showcased the need



for athletes to complete the education process and build future work opportunities. ENGSO has a long-standing informal partnership with the European Athlete as

Student (EAS) is the dual career network for universities, sports schools and other educational establishments interested in high performance sport as well as sports

clubs and federations which are willing to help their athletes in their studies.

Lithuanian Sports University and Lithuanian Union of Sports Federations



LITHUANIAN
SPORTS
UNIVERSITY



Lithuanian Sports University, together with the Lithuanian Union of Sports Federations, were the hosts of the fourth edition of the European Sport Platform and the CHAMP project final conference. Diana Reklaitiene, Rector of the Lithuanian Sport

University and Darius Saluga, President of the Lithuanian Union of Sport Federations were among the guest speakers at the event, welcoming the participants and the ENGSO family.

European Olympic Committees

Together with the European Olympic Committees EU office, ENGSO contributed to the revision of the European sport charter, also with other members of the Consultative Committee of EPAS to finalise the content of the European Sport charter which was adopted in October.



EUROPEAN
OLYMPIC
COMMITTEES

TAFISA

ENGSO Secretary General Sara Massini attended the opening of the 7th TAFISA World Sport for All Games 2021, which took place in Lisbon, Portugal. The games were a hybrid event which took place over the course of 6 days and hosted over 150 sports organisations from more than 50 countries. Ms Massini highlighted the positive impact sport has on uniting and connecting different nations, groups and individuals.



TAFISA
The Association For International Sport for All

2021 Communication

In 2021, we reached over 250.000 people.



We now have 7000+ followers on 3 different social media platforms



www.engso.eu

We published over 720 posts on social media and sent 5 newsletters.

New campaign

#HealthyLifestyle4all

We signed a pledge, committing to actively contribute, as a grassroots sport partner, to the European Commission's new initiative HealthyLifestyle4All. Communication is one of the strongest aspects of it.



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ENGSO Secretary General
**MEMBER CONTACTS, EVENTS, PROJECT DEVELOPMENT AND
GENERAL AFFAIRS**



Sara Massini



ENGSO Communication
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**We aspire to
grassroots sport that
promotes stronger
communities, with the
mission to represent,
develop and advocate
for voluntary-based
sport in Europe.**

