



# COMMISSION ON SPORT ACTIVITY REPORT

**Beata Łęgowska**  
**Chair, UBC Commission on Sport**

# COMMISSION AUTHORITIES

**UBC Commission on Sport was established in 1995**

**GDYNIA (Poland)**

**&**

**KARLSKRONA (Sweden)**

**CHAIRPERSON**

**Beata Łęgowska (Cllr)**

**-**

**VICE-CHAIRPERSON**

**Camilla Brunsberg (Cllr)**

**SECRETARIAT:**

**Joanna Leman, Gdynia City Hall, Foreign Relations Dept.**



# **SOCIAL CAMPAIGN "ALWAYS ACTIVE" ORIGIN**

- problem of ageing of most European societies
- decreasing physical fitness among adult Europeans
- developing mobility restrictions
- health problems
- withdrawal from social life and isolation



# **SOCIAL CAMPAIGN "ALWAYS ACTIVE" OBJECTIVES**

- promoting active lifestyle
- stressing the importance of healthy ageing process
- counteracting social exclusion
- preventing mobility restrictions



# **SOCIAL CAMPAIGN "ALWAYS ACTIVE" ACTIVITIES**

1. UBC Commission on Sport Grant Sessions:
  - 1A) „Always Active” (2007)
  - 1B) „Sport for All Generations” (2008)
  - 1C) „Active and Fit” (2009)
2. International Conference “Always Active” (2009)



# 1. GRANT SESSIONS 2007 - 2009

## A. "Always Active" grants allocated in 2007:

- total amount of 5,000 EUR
- addressed to UBC member cities
- awarded to projects which:
  - encouraged elderly people to keep physically active
  - increased their functional capacity
  - promoted sport as a way of preventing various illnesses





# 1A. "ALWAYS ACTIVE" GRANTS (2007)

1. **"Nature Route in the Town Wood"**
  - Chojnice (Poland), 23 June 2007 – 1,000 EUR
2. **"Save points – win health"**
  - Karlskrona (Sweden), 1 June – 30 September 2007 – 1,000 EUR
3. **"Physical activity of elderly people"**
  - Panevežys (Lithuania), June – October 2007 – 1,000 EUR
4. **"The Islands of health"**
  - Siauliai (Lithuania), 1 August – 30 November 2007 – 1,000 EUR
5. **"Gym at home!"**
  - Turku (Finland) October 2007 – 1,000 EUR







# 1. GRANT SESSIONS 2007 - 2009

## B. "Sport for All Generations" grants allocated in 2008:

- total amount of 3.000 EUR
- promoting sport as a health-enhancing factor
- awarded to projects which integrate all the generations in the attempt to keep physically and mentally active and fit



## 1B. "SPORT FOR ALL GENERATIONS" GRANTS (2008)

1. **"Sport for All Generations"** – Liepaja (Latvia),  
May-August 2008 – 1,000 EUR
2. **"Physical Activity – for both Young and Elderly People"** – Panevezys (Lithuania),  
1 April – 31 October 2008 – 1,000 EUR
3. **„Voru Town 1784-metre Run"** – Voru (Estonia),  
21 August 2008 – 1,000 EUR







# 1. GRANT SESSIONS 2007 - 2009

## C. "Active and Fit" grants allocated in 2009:

- total amount of 5,500 EUR
- promoting sport/physical activity as a rehabilitation tool
- awarded for projects which by means of rehabilitation encourage elderly people to keep physically active and stimulate them to practise sports on a regular basis



# 1C. "ACTIVE AND FIT" GRANTS (2009)

1. **"Healthy body – healthy mind"** – Panevezys (Lithuania), December 2009 - March 2010 – 2,000 EUR
2. **"Small ball – great exercise"** – Koszalin (Poland)  
December 2009 - March 2010 – 1,500 EUR
3. **"Let's go in for sports and be young"** – Vilnius (Lithuania), December 2009 - March 2010– 1,000 EUR"
4. **"Go, Seniors, go!"** – Ustka (Poland),  
November 2009 - March 2010– 1,000 EUR



# UBC COMMISSION ON SPORT GRANTS

- years 1996-2009
- total amount 45,275 EUR
- 61 projects
- participation of approximately 37,000 sportsmen



## 2. INTERNATIONAL CONFERENCE "ALWAYS ACTIVE"

- **time:** June 4-5, 2009
- **venue:** Gdynia, Science and Technology Park
- **participants:**
  - nearly 100 people from 6 countries (Denmark, Finland, Germany, Norway, Poland, Sweden)
  - involved in work with elderly people and representing institutions/organisations established to encourage the elderly to keep active





## 2. INTERNATIONAL CONFERENCE "ALWAYS ACTIVE"

- **conference programme:**
  - importance of healthy lifestyle, physical activity as investment in your future fitness
  - healthy ageing
  - best practices of activities realised for the elderly in Karlskrona, Kristiansand, Turku, Gdynia)



# ACTION PLAN 2010 - 2011

- to develop cooperation with international organizations and other UBC Commissions within the area of sport
- to strengthen links among sports clubs, associations and institutions in order to create the Baltic Sport Network
- to increase the involvement of UBC member cities in actions promoting sport and healthy lifestyle on the national and international levels
- to encourage UBC member cities to actively promote active lifestyle habits especially among young people
- to stimulate UBC member cities, especially those engaged in the works of UBC Commission on Sport, to formulate policies stressing the importance of sport and recommending physical activity at all stages of life



# ACTION PLAN 2010 - 2011

- to promote sports events and sports exchange in and outside the Baltic Sea Region
- to raise awareness of the physical activity as an important element of healthy lifestyle among all age groups
- to launch a campaign targeted at youngsters to stimulate them to do sports and treat physical activity as an attractive way of spending leisure time
- to organize the UBC Commission on Sport annual meetings
- to announce grant allocation sessions.



# CONTACT DETAILS

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**THANK YOU VERY MUCH  
FOR YOUR ATTENTION!**

