

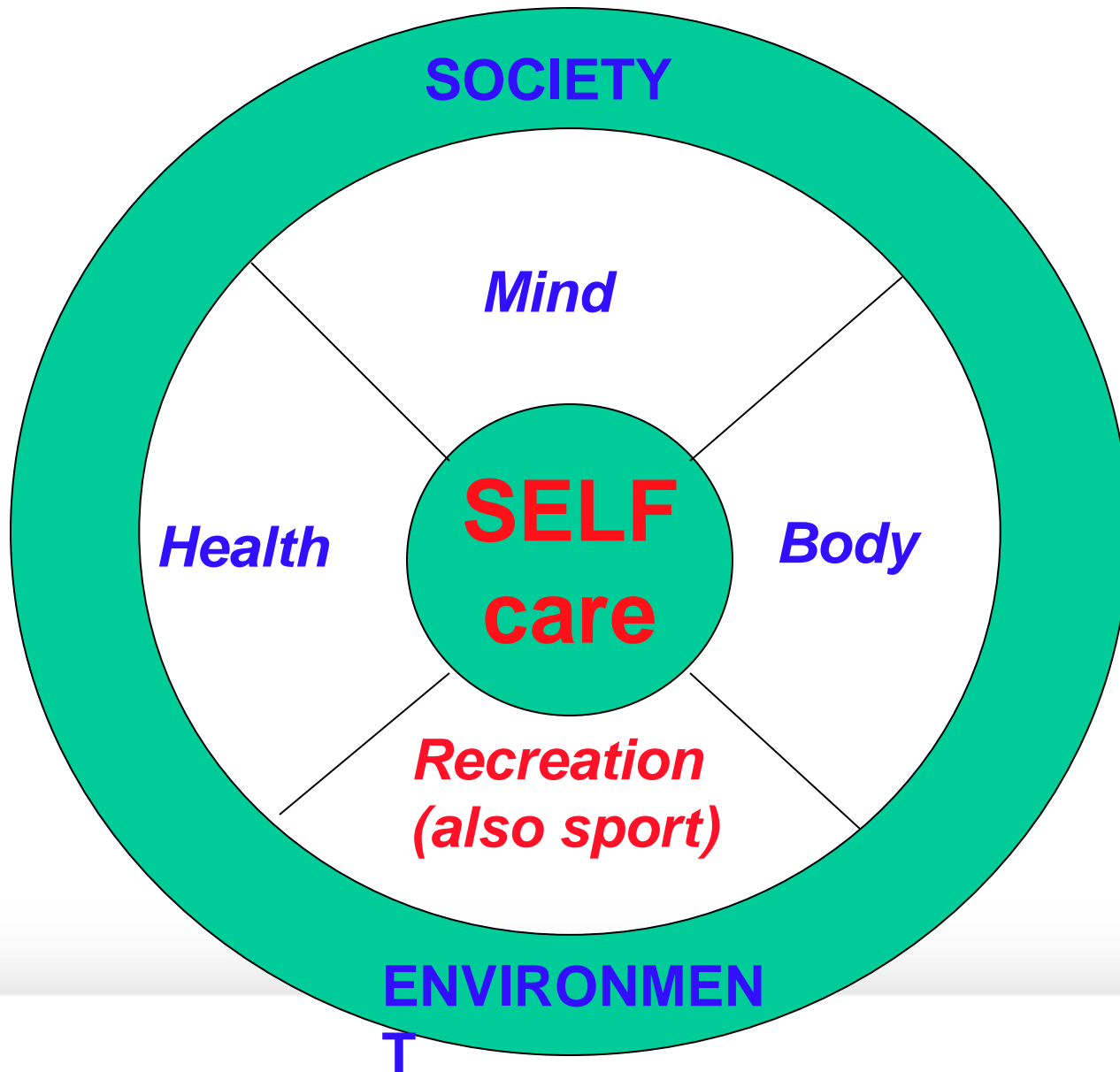


How to use positive trends ?

Some examples, ideas and real plans for encouraging youth to sport activities



Larger model
of
WELLBEING



Müller & Lanz -
Kaufmann , 2001

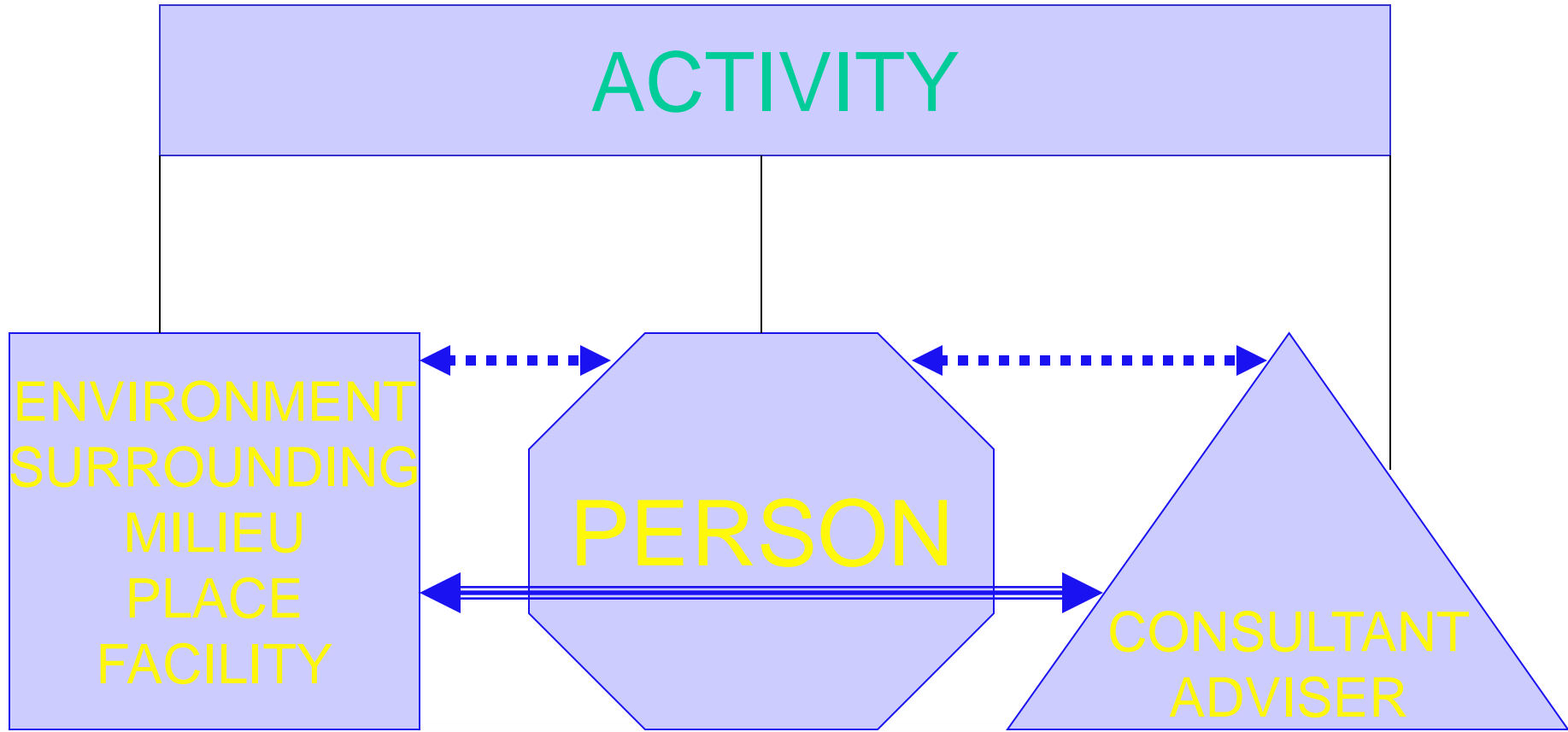
Adapted by
Zilmer, 2008



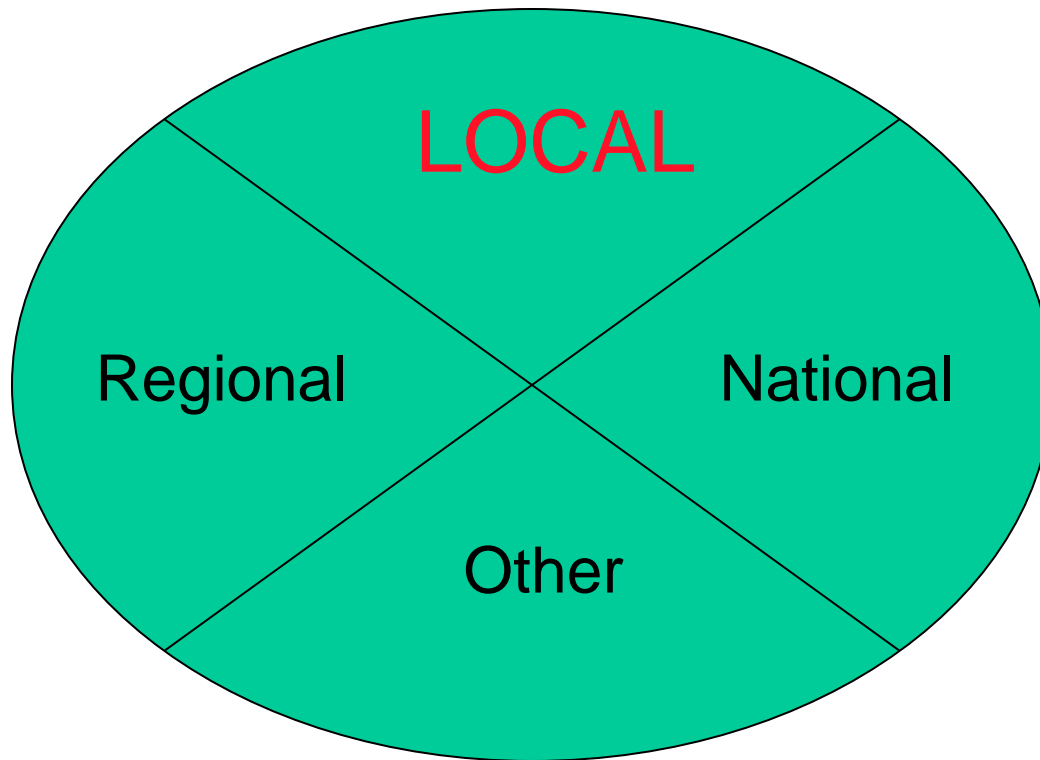
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Basic points of sport & recreation activity



Roles of different sport & recreational facilities/centers



Needs & services & capacity of possibilities



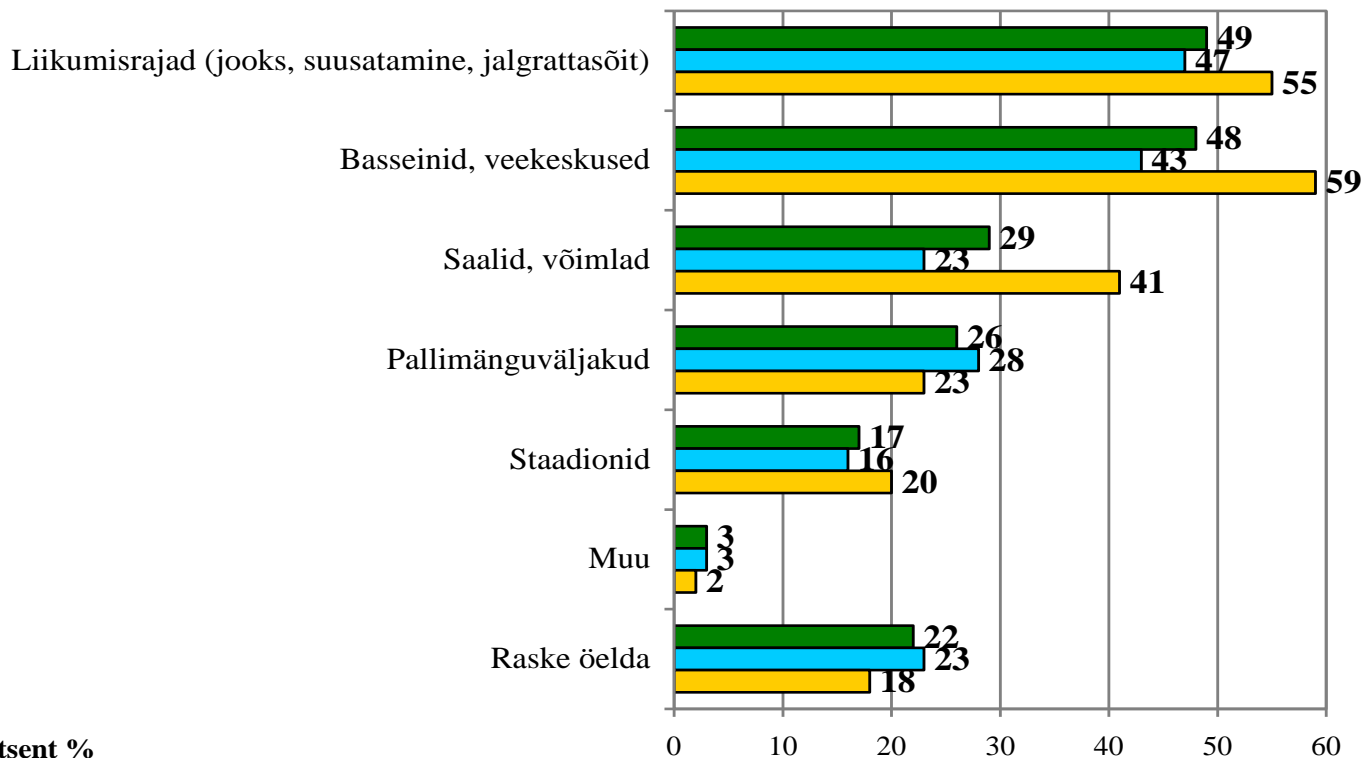
Sport facilities 2006

research by Estonian Ministry of Culture

Milliseid spordirajatisi Te peate vajalikuks
oma elukoha lähedusse ehitada? *

■ Kokku
■ Eestlane
■ Mitte-eestlane

2010



!!! ↑

? ↓

Protsent %

*kuna iga respondent võis anda mitu vastust, siis võib protsentide summa olla 100-st suurem

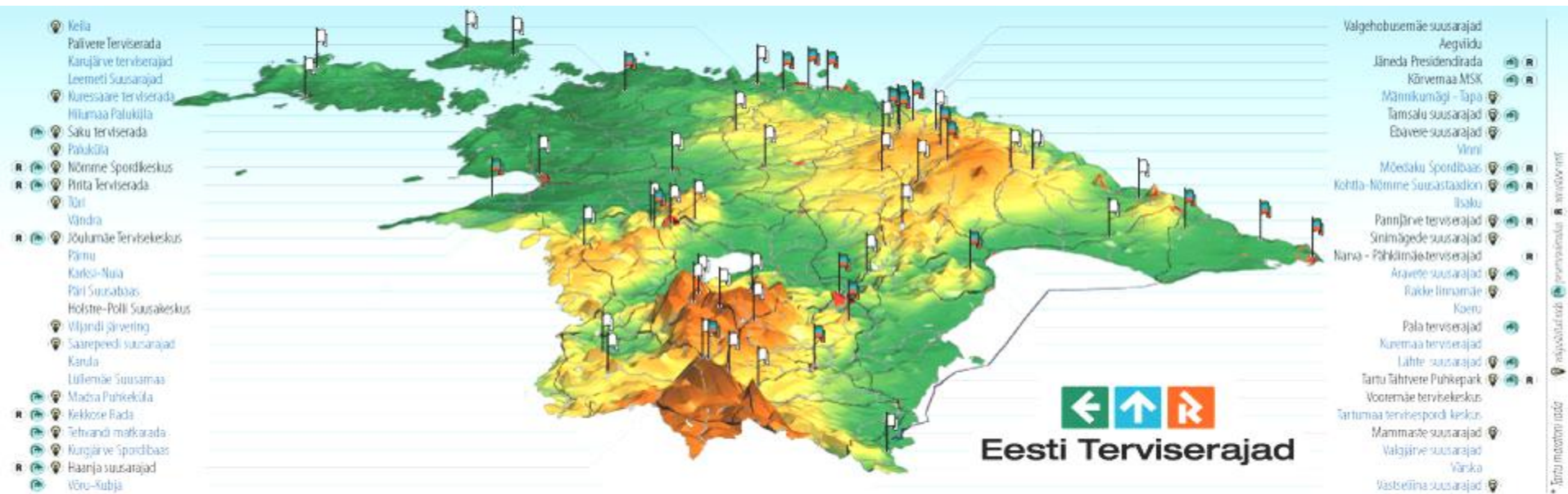
Kus saaksid üles kasvada homsed olümpiavõitjad?

2004 a. lahendamist vajav küsimus Eesti Suusaliidu ees



Suppositions of ETR(EHT)-2004

- * Available **HEALTH TRACKS** for all
- * use best local nature possibilities
- * unite local activity



2010 - more than 50 ETR outdoor facilities in the whole of Estonia

Tallinn/ Pirita - with tracks and special “skibridge”



Actor Veiko Täär
Estonian TV
“ skiteacher “



Estonian bogs & National Forest Recreational Areas



www.rmk.ee



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Outdoor & activity - largest reserve of possibilities

- **EHT** - facilities/tracks for beginners, snowborders, ice skaters, snowshoes, orienteering etc.
- Projects a la **With Electrical trains to Nature**
- Recreational **sport courses for pupils**
- **Teaching courses for outdoor activities advisers / consultants**



Recreation – a balance in a lifestyle



Recreation – joy of knowledge I could know it !?



Recreation – joy of knowledge II

Where am I? What is it?



Better Sport for Youth... Better Youth for Life

- Larger targets than for very specialized sport
- Finally better result in the main target - sport & recreation
- Most important target group - kids !!!!!
- Reason for thinking today when sport at the top level is suffering of several problems
- Good start point for future - promotion new & attractive ideas



Top athletes give good invitation - Come with us ! Learn to ...!



Double Olympic Winner and World Champion xcountry skier Andrus Veerpalu at home school in Pärnu /EST/



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Children - part of mass events



Cycling, skiing, hiking



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Sport events as - SPARKERS



What we can get through sport & activities

Most kids and youngsters love sport & active lifestyle

- They must have chance (in skiing - to come out, into the winter and snow)
- To get same level of skills and knowledges as in other school subjects
- To integrate sport and leisure activities & experinces for future life
- To use all modern learning methods (E-learning etc.) also in sport



Interdisciplinary I



health, safety, dressing...

weather



skiing & winter traditions



equipment
waxing



Interdisciplinary II



Is that skiing or...

nature lesson?



Challenge - maratons







XXII SEB Maijooks



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Adventure events -lifestyle of young persons



Swedbank
dream

**SUKELDU
SEIKLUSTESSE!**

Osavõistlused:
26.04 ARDU
27.-28.06 VÄÄTSA öine pikk
26.07 ELVA
5.09 TABASALU sprint

Goals of Xdream events

- Control your personal physical and mental power
- Activity in open air in beautiful Estonian nature
- Using different equipment for moving
- Feel atmosphere of adventure sport
- Promote sport for all ideas, unite interested young persons
- Development personal training and competition competences. Plan and control long-term activities



Summary

Tallinn Bike Maraton



- We have good & positive trends
- More “soft values”, less “serious (top) sport”
- More non regulated activities
- Change mentality at school
- Use parents adventure and recreational sport boom
- Use mass event traditions
- Use projects as “Tallinn liigub”
- Thank You !

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