



# SWUP

## SPORT FOR WOMEN IN URBAN PLACES



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# SWUP IN ACTION

THE LATEST NEWS FROM THE PARTNERS

The pilot actions that the partners identified to boost women practice of outdoor physical activities are finally a reality!

Discover what every partner has come up with!

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### APS POLISPORTIVA CORBETTA - "Sporting"

In response to the requests of the women participating in the SW-UP project launched in September, Polisportiva Corbetta has launched a GAG FOR YOUNG WOMEN, a course taking place twice per week aimed at strengthening the lower body, in particular buttocks, abdominals and legs.

While the SWUP course was mainly oriented to adult women, the present course targets young women aged between 15 and 20 years, in the attempt to involve all age groups and to meet the requests received by inhabitants.

With the arrival of spring, the course will take place at the Parco della Repubblica, one of the most beautiful and popular parks in Corbetta which will ensure a high visibility .

This activity is the result of the synergies between European Institutions, Independent Local Associations and Municipal Administration.



## GUIMARÃES - MOVING TOGETHER TO CELEBRATE PHYSICAL ACTIVITY AND SPORTS OUTDOORS FOR WOMEN

As part of the project "Sports for Women in Urban Places" (SW-UP), the pilot program "Moving Together" will be carried out between 8th March and 7th April to raise awareness of female population resident in Guimarães to the benefits of regular physical activity.

Moving Together is an initiative of Tempo Livre and Câmara Municipal de Guimarães carried out in the framework of Eu-funded SWUP project. It begins on the International Women's Day and ends on the World Health Day. The program includes three activities: a four-session workshop, a Sunday morning exercise session "for all" in four leisure parks and the "Walking together for life" walk.

The "Active Women" workshop has started on March 8th with the witness of a woman who has maintained her sporting activity after facing breast cancer. On March 15th, there will be a session with women over their 60's participating in the senior program "Happy Life", followed on March 22nd by the session with four young high-level athletes who will share

with the audience their experience in managing time, family, sports, school and social life in teenage. The workshop "Active Women" ends on March 29th with a session dedicated to pregnant women who practice physical activity and sport in the framework of the project "Sport Little Bellies".

On World Health Day (April 7th) the "Walking Together for Health" initiative will take place. It will involve the community and the partners of Tempo Livre and Câmara Municipal de Guimarães on a walk tour of the city.

The Moving Together program is linked with the SW-UP survey results in Guimarães that points to a high level of female sedentarism, which in turn is related to other causes such as lack (or no) time available between professional and family obligations or having no one to be physically active with.



## LADY PARKOUR: WOMEN USING THE URBAN BARRIERS AS SPORT PLAYGROUND



According to the strictest definition, Parkour is the act of moving from point "a" to point "b" using the obstacles in your path to increase your efficiency.

This sport entails a strong philosophical component. "It is a way a of looking at any environment and believing that there is no obstacle in life that cannot be overcome".

Sounds great right?

It is. And it is to make this sport appreciated and practiced also by girls, that in 2010 two French girls started Pink Parkour association. At its base there is the conviction that being sporty and strong is not everything, selfesteem and agility are also key elements to enjoy a sport. "Everybody progresses at her own rhythm, we constantly help each other and judgments are prohibited".

Want to know more? Check their website <https://www.pinkparkour.com/>





## GRANOLLERS- "WHILE YOUR CHILDREN DO SPORT, YOU TOO!"

In the framework of the SW-UP project for the promotion of sport among women outdoors, the Granollers City Council set up a pilot program in which parents could take advantage of the time in which their children were training to be able to do sport activity.

The result of this activity is paying off and the pilot test has been very well received by the participants, that are not forced anymore to passively wait for their children to finish to do sport.

Two sport places that hosted the program. They are spaces used by a considerable daily volume of athletes. The first one is the Sport Palace, and it is the main main pavilion of Granollers with an average of 268 athletes per day. The second, athletics tracks, is located next to five-lane pavilion, municipal swimming pools, tennis courts and the same athletics track and it has a daily volume that exceeds 500 users per day.

The television of Catalonia issued a report about the activity, and the interventions generated on the networks later have shown that this programme was highly appreciated and has high potentialities of further development.



For this reason, the activity will form part of the list of activities that the Sports Service of this city council will offer after the season September 2019 / June 2020. The success of the program also led us to extend the facilities that will host the program, adding a new sport equipment (the Congost municipal Pavilion) in the northeast of the city and approximately to 1 km of athletics tracks.

The programme will see physical activity sessions two days per week, from 5:30 p.m. to 6:30 p.m., with maximum groups of 20 people and with an annual fee of 18 euros. The participation in this programme will include an accident / injury insurance and a technical shirt for participants.

The pilot test had a technician of Sports Service to carry out the practical sessions, but for future implementation, it is planned to hire a technician through a sports services company who will lead the sessions.

Given the degree of satisfaction that the current participants expressed for the exercises done during the pilot classe, the activity will continue to include cardiovascular work, toning, coordination and aerobic activities. In order to achieve dynamic and motivating session, music, sport equipment and socialising activity will also be provided.



### 25 JANUARY 2019: WORLD SNOW DAY – VITOSHA WINTER FEST – ALEKO CHALET

Nearly 3 000 Sofia residents and guests celebrate, practise sport and had fun during Vitosha Winter Fest, with which Sofia – European Capital of Sport started its 2019 program and celebrated for the forth consecutive winter the World Snow Day under the motto: “Discover, have fun, experience”. Sofia women experienced competitions in cross-country skiing, parallel slalom, ski-mountaineering and downhill snow biking with various games, contests with animators for children and adults.

Video for the Word Snow Day

<https://www.facebook.com/336968086493978/post/s/964514223739358/>

Link for the Family fest

<https://www.facebook.com/336968086493978/post/s/971008413089939/>

One of the most important result besides the specific activities is the cooperation developed by the municipality with the local citizens and especially with the women from Ramnicu Sarat. This debate generated confidence, suggestions, analysis of the situation by part of the women and their proposal to develop a playground for children.

February and March will remain the most important period of the implementation considering the number and the quality of the planned actions, starting with Bike activities, actions in the park, meetings and planning of an agenda to develop the future actions of SWUP Club.

*Florin Ceparu – Ramnicu Sarat Municipality*

## SWUP – A NEW WAY OF THINKING AND BEING IN RAMNICU SARAT!

After the transnational meeting of the partners spent in Ramnicu Sarat, Sport for Women in Urban Places is ready to report the first part of the activities spent in our community in the last months. Starting with a Seminar in which we presented the results of Guimaraes meeting to the representatives of the local community, we have organised a Bike parade, some competitions based on handball and football for girls and, most important, we have started to create a SWUP Club for women.

More than being a project, SWUP is a start of a new view of the community, centered on the involvement of women through mass sports and debates, thus increasing the participation and awareness on the importance of wellbeing and generating a strong community ready to react through meetings and sport activities to the different challenges.

With more than 40 members in SWUP local club, initiated at the end of February, the project generated also perspectives, solutions, increasing the number of the women ready to get out of their box, investing time for a healthy lifestyle.



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