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SPORT FOR GREEN FUTURE



E-REPORT OF EU GOOD PRACTICES SPORT FOR GREEN FUTURE

E-REPORT FOR SPORT, YOUTH AND ENVIRONMENTAL ORGANISATIONS

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The content was developed by NATIONAL SPORT LEADERS NETWORK Kavadarci from North Macedonia, CHAMPIONS FACTORY from Bulgaria, Asociación Deportiva y Cultural Entrejuegos, from Spain and Budapest Association for International Sports (BAIS) from Hungary.

We would like to thank all who were involved in the creation and producing the material.

National Sport Leaders Network is an association from North Macedonia. Our mission is to implement consistent and sustainable programs for the development of the sport, in particular, ensuring that children can take part in recreational and competitive sports activities while contributing to the social strengthening of the community and creating high ethnic and moral values.



Website: <https://leadersnetwork.mk>



Champions Factory is an international non-governmental organization bringing social change through education, training, youth, and sports innovations. Our offices are in Sofia (Bulgaria), Dublin (Ireland), London (United Kingdom), and Bursa (Turkey). Champions Factory works in the following fields: young people and youth workers, "Champions Academy" - private program for young people to develop their leadership and communication skills, international Network "Learning through sport", vocational education and training, adult learners, developing mountain biking in Bulgaria and Europe and managing Champions Factory Bike Park "Rilla Lakes."

Website: <https://championsfactory.bg>



Asociación Deportiva y Cultural Entrejuegos is a sports and cultural association created in May 2019 in Alameda, a small town in the province of Malaga (southern Spain) by a group of professionals and volunteers with a wide experience in the field of sport, education and leisure time. We work mainly in 3 areas and our objectives are:



Web page: <https://asociacion-entrejuegos.weebly.com/>



Budapest Association for International Sports (BAIS) is a volunteer-based, youth-led non-profit organization with the mission of promoting physical activity, healthy lifestyle, intercultural understanding, active citizenship, and participation through sport-based non-formal education. The organization has two branches, one focuses on local activities and the other one is working on international cooperations like Erasmus+ projects.

Website: <https://www.wemovebudapest.com/about-bais>





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INTRODUCTION

Climate change and environmental damage have become significant issues that we are facing today. There is a constant threat of rising temperatures, loss of biodiversity, environmental degradation, and increased pollution of air, water, and soil. The impacts of climate change are already being seen across the world.

In the past years, EU policy makers have undertaken several actions for tackling climate change, with some of them taking into consideration and emphasizing the significance of sport. Maybe the most important of these policies is the European Union's Green Deal which is a comprehensive plan to make the EU's economy sustainable and climate-neutral by 2050. It aims to transform the way we produce, consume, and use energy and resources, while also protecting and enhancing the natural environment. As part of this effort, the EU is also working on a number of policies related to sport. These include promoting sustainable and active transportation options, such as walking, cycling, and using public transportation, as well as supporting the development of eco-friendly sports facilities and events. The EU is also working to reduce the environmental impact of sport-related travel, for example by encouraging the use of low-emission vehicles and investing in cleaner fuels. By integrating sustainability into the way we think about and participate in sport, the EU hopes to make a significant contribution to the fight against climate change and to protect the environment for future generations.

Like any human activity, sport takes place in a physical environment, therefore it is impacted by climate change. There is an interconnectedness between climate change and sports, where sport can even have a significant negative impact on the environment, although this impact may not be always obvious and easily detected. It is essential for sports organizations, engaged both in outdoor and indoor sports activities, to think about the relationship between sport and the environment and work towards becoming sustainable and environmentally friendly.



The world cup 2022 in Qatar

Organizing the World cup in the desert has a significant environmental impact. The higher temperature created the need for cooling of the stadiums and increasing energy consumption



The world cup 2022 in Qatar

Japan fans are recognized for staying after the games and cleaning the opening game between Qatar and Ecuador



Olympics marathon moved from Tokyo to Sapporo because of heat fears.

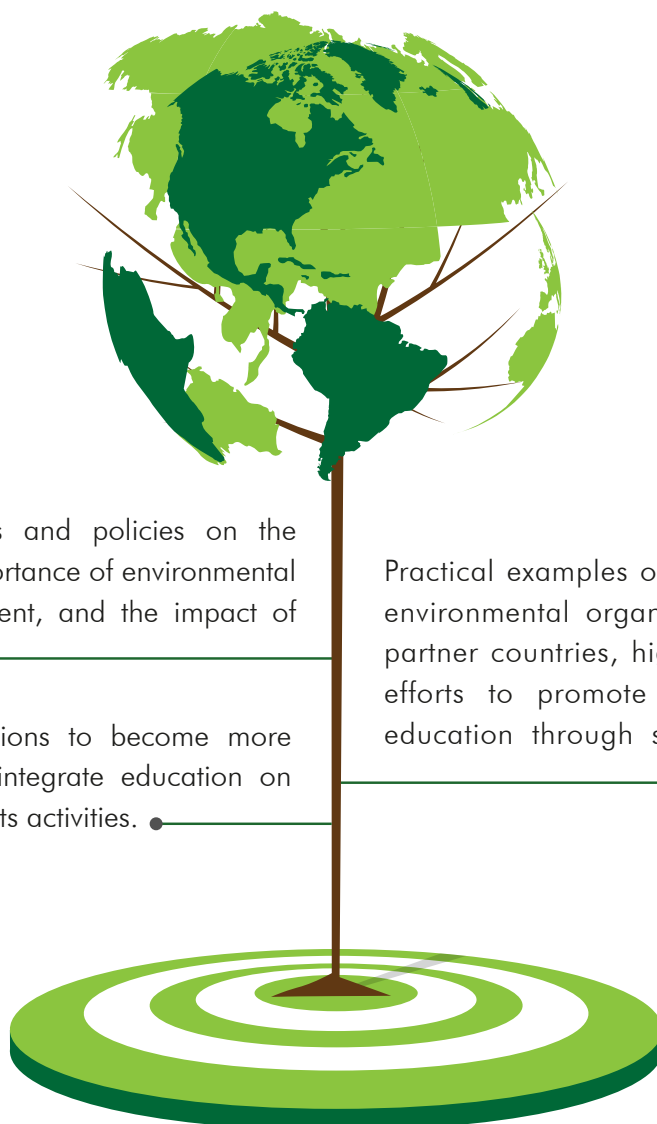
The marathon and long-distance walking events at the 2020 Olympics were moved from Tokyo to Sapporo (800 km to the north from Tokyo)



Sport and physical activity can play a major role in achieving the goals of the European Green Deal. Through the promotion of sustainable and active transportation options sport can help reduce greenhouse gas emissions and improve air quality. The development of eco-friendly sports facilities and events can also help reduce the environmental impact of sport, while investing in cleaner fuels and encouraging the use of low-emission vehicles can help to reduce the carbon footprint of sport-related travel. By encouraging people to be more physically active, sport can also contribute to improved health and well-being, which can in turn lead to reduced pressure on healthcare systems and other social benefits. Overall, by integrating sustainability into the way we think about and participate in sport, we can make a significant contribution to the fight against climate change and to the protection of the environment for future generations. Sport and physical activity have a major role to play in the conduction of the goals of the European Green Deal, in fighting climate change and environmental protection. Sport reaches a large number of people from different ages, and is an agent of education and empowerment. Reducing the amount of waste created, respecting nature, preserving biodiversity, promoting sustainable practices, and practices that reduce the consumption of resources are just a few of the possibilities where sport can be used to educate and change people's behaviors.

This e-report provides valuable information for sports organizations and civil society involved in environmental education on how to use sport as a tool for environmental protection and education. It covers the following topics:

TOPICS:



The development of discussions and policies on the European level regarding the importance of environmental protection, sustainable development, and the impact of sport on health.

A roadmap for sports organizations to become more environmentally friendly and to integrate education on environmental protection into sports activities.

Practical examples of sports and/or environmental organizations in the partner countries, highlighting their efforts to promote environmental education through sport in recent years.



These examples can serve as inspiration for other countries in Europe to further develop and disseminate environmental education through sport. During the past years all the partner organizations have observed different sports activities and have noted the environmental impact that they have. The intention is to show the best examples of integration of environmental education and protection through sport in order to further inspire other people to continue this effort.

GOAL OF THE E-REPORT

This e-report provides insight into key documents and regulations developed by the European Union and the United Nations on the importance of environmental education for a healthy and sustainable future emphasizing the role of sport. It offers a look at the major challenges which the sports industry is facing in terms of pollution. By following this report, organizations will have the opportunity to learn how to use sport as a tool for education and contribute to the protection of the environment.

However, this e-report will also emphasize the positive example of organizations from different European countries who have made initiatives and activities for a greener and sustainable future. These organizations have shared their experiences and insights through interviews, discussing how they are leading sports-for-environment initiatives in their countries and the challenges, successes, and opportunities they have encountered. This provides a glimpse into the ways in which these organizations are working towards a greener future through sports.

ABOUT THE SPORT FOR GREEN FUTURE PROJECT

Climate change is creating a constant pressure on the environment in which we practice sports. This pressure goes both ways, climate change is impacting the way we do sports and also the way we do sports creates an impact on the environment. Observing the sports practices in the past years, we have become aware that there is a growing need to educate young people on environmental issues, and sustainable practices.

Sport can be an effective educational tool for promoting environmental protection. Through sports programs, organizations can engage and educate individuals, particularly young people, about the importance of environmental conservation and the actions they can take to protect the environment. This can be done through a variety of methods, such as incorporating environmental themes into sports activities and events, using sports as a platform to raise awareness about environmental issues, and promoting sustainable practices within the sports industry. By using sport as an educational tool, organizations can help individuals understand the impact of their actions on the environment and inspire them to adopt more sustainable behaviors. In this way, sport can play a significant role in promoting environmental protection and fostering a greater appreciation for the natural world.

The Sport for Green Future project, funded by the Erasmus+ Programme of the European Union, creates a pool of European Sport for Development trainers and collects the best sustainable and environmentally



friendly sports practices. The trainers and their actions will inspire other trainers for a clean and healthy environment across Europe and help spread this knowledge further in other countries on the continent.

The focus of the project is on advancing Sustainable Development Goal 13 (SDG 13) on climate action and the 2030 Agenda through the exchange of knowledge and experiences on environmental protection and education through sport, and by building a European network of Sport for a Green Future.

The goal is to increase the integration of environmental education into sports activities and to educate sports organizations and trainers about environmental protection, so that they can pass on this knowledge to players and other organizations.

The project aims to engage sports organizations in recognizing and mapping out their sport-related environmental actions across Europe. Additionally, it focuses on the goal of connecting, inspiring, and improving small and large sports events to make them more environmentally friendly.



PART 1: EU REGULATIONS FOR ENVIRONMENTAL PROTECTION

The European Union has a number of policies in place to promote environmental protection and sustainable development. These policies cover a wide range of issues, including air quality, water quality, waste management, and the protection of natural habitats and biodiversity. During the past years, environmental protection and sustainable development have been high on the agenda of the EU. The implementation of these topics into sport has been observed through the creation of several documents, each addressing the topics from a different angle.

White paper on Sport 2007

The topic of protecting the environment and contributing towards a sustainably developed future of sport is present in the 2007 **White Paper on Sport** issued by the European Commission. It states the need for the European sport organizations to adopt and promote environmental objectives recognizing the strong impact that sport, sport facilities and sport events have on the environment.

Developing the European Dimension in Sport

Within the adopted Communication from the Commission in 2011, environmental protection remains an important and appropriate area for EU activities in the field of sport. Among the supported projects and networks, the field of environmental protections remains important in the programs in the field of sport.

Council Recommendation on promoting health-enhancing physical activity across sectors

Within the 2013 Council Recommendation on promoting health-enhancing physical activity across sectors, published in the Official Journal of the European Union, the council of the European Union recommends that Member States work towards the effective HEPA policies, by means of developing a cross-sectoral approach which involves sport, health, education, environment and transport.

Olympic sports

The environmental approach in sport has become a third pillar in Olympism (Centennial Olympic Congress 1994) stating the mission of the IOC to promote sustainable development in sport and to inspire and support environmental actions and awareness. This puts the importance of environmental education through sport on the agenda of the Olympic Committees around the world.

United Nations Sustainable Development Goals

The collaboration between sport and the environment was strengthened at the United Nations Sustainable Development Summit in 2015 where for the first-time sport was officially inscribed in the post-2015 Sustainable Development Goals.



SDG



The project focuses on SDG 13 Climate action which is defined as: Take urgent action to combat climate change and its impacts. More specifically, the project is focusing on the Target 13.3 Build knowledge and capacity to meet climate change.

European Commission's "Green Deal"

Following the launch of the new European Commission's "Green Deal" sport associations across Europe will become important and equal actors in spreading the word and raising awareness with their actions and innovative activities. According to EU based polls 93% of Europeans see climate change as a serious problem; 93% of Europeans have taken at least one action to tackle climate change; 79% agree that taking action on climate change will lead to innovation. Thus, the need to educate, support, develop capacities of the sport sector to carry the idea of the green transformation that is to follow.

Erasmus+ program

Erasmus+ is the EU program (2021-2027) for education, training, youth, and sport has its general objective to support the educational, professional, and personal development of people in these fields, both in Europe and beyond, in order to contribute to sustainable growth, quality jobs, social cohesion, and innovation, and to strengthen European identity and active citizenship. The program promotes the use of innovative practices to empower learners, staff, and youth workers to make positive changes (such as saving resources, reducing energy use, waste, and carbon footprint, and choosing sustainable food and transportation options). Priority will be given to projects that, through education, training, youth, and sport activities, enable behavioral changes that support sustainable development, such as shifting individual preferences and cultural values towards greater awareness and active engagement.



PART 2: GREEN ROADMAP AND ENVIRONMENTAL EDUCATION THROUGH SPORT FOR SPORT ORGANIZATIONS AND CSOS

We are currently faced with a changing climate and depletion of resources. The need and desire for leading a healthy life gets more and more people engaged in sport. Increasing the number of people engaged in sport could contribute to an increased negative impact on the environment caused by the sports activities. It can also have a very positive impact, if people get educated through sport for environmental protection or use physical activity as a means for providing a better, cleaner and greener environment.

For the organizations to become greener and to improve the inclusion of environmental protection into sports activities, they need to start thinking of the environmental impact of their activities. Sport is a broad theme and there are a lot of different physical activities, some of them conducted indoor, some outdoor, some having a lot of people involved or not that many people. Therefore it is not very easy to evaluate the environmental impact of all sports activities in one way and determine in one step how the organizations can become greener and more sustainable. Different types of physical activity have a specific environmental impact, and need to be analyzed individually.

Following are given examples for different types of activities, on what to think when we are talking about their environmental impact. These questions are a roadmap towards raising awareness of the organizations how to become greener, sustainable and how to introduce environmental education in their activities.

*Awareness of the organizations of the environmental impact of their sports activities.

When organizing sports events with a lot of participants, like contest or events, the organizations should think on the impacts on the environment such as:

➤ Will there be a lot of waste created from the event? What type of waste will it be?

➤ Is there a possibility to reduce the amount of waste or even avoid the creation of waste?

➤ If it is not possible to avoid the creation of waste, then how can all participants become aware not to leave it in the place of the event, but collect it and properly dispose of it?

➤ Will there be a need to purchase a lot of items which will be for single use, or is there a way to use items which can be used further for other events as well?



Water bottles are the most common type of waste created in all types of sports events. It is good to stimulate all the participants to bring their own reusable water bottles, and not create waste at all. When using single use water bottles, then all participants, after drinking the water, can empty the bottles, squeeze them, collect them in one bag and send them for recycling.

There should always be a waste collection system in place, so that all waste is collected and the place is left clean and tidy after the events. This should be taken into consideration prior to the events and be part of the events' preparatory activities.

During the events, the announcer of the sports event, both at the beginning and at the end, should remind the participants and guests to properly dispose of their own waste.

★ Awareness of the organizations of the changes happening around them, which could impact their activities.

This is especially important for outdoor activities. The following questions may be used as a guide how to assess this issue:

- Has the climate been changing recently?
- Can this have an impact on the organization of outdoor sports events?

The changing climate can have an impact on the organization of outdoor events. Changes in precipitation can lead to droughts or increased rainfall, which can cause problems when organizing different outdoor activities.

In addition, droughts can cause the disappearance of water springs on the mountains, which can have an impact on hiking tours.

For the organization of outside events, the organizations should be always aware of the weather forecast, and the changing climate conditions, anticipate the right weather conditions and properly prepare for them.

★ Awareness of the organizations of their surroundings, like the local flora and fauna, and how they are impacted by human activity.

The following questions may be a guide how to assess this issue:

- Are the events/activities organized in a protected area? What is the reason that the specific area is protected?
- What specific type of flora and fauna is present at the location of organizing the sports events?
- Is the local flora and fauna endangered by human activity?
- Is the local population aware if there is a specific type of flora and fauna present in their surroundings and whether they are endangered?
- Has climate change had a negative impact on the local flora and fauna? Is there something that can be done?



When organizing sports activities in protected areas or areas inhabited by specific types of flora and fauna, the sports events can be used to educate the participants on these topics. Sometimes it can be the case that even the local population is not aware of this information, therefore during the events they can be included and get informed as well.

The changes in weather patterns can also have an impact on the local flora and fauna. Some sports activities, like hiking or kayaking could be done in areas where these changes are evident, where the participants can get educated for these changes, and what can be done to stop them. The promotion of such activities can increase the awareness of the general public.

Protected areas can have certain access restrictions that need to be taken into account when organizing sports activities within them.

★ Awareness of the impact of human activity on the environment.

The following questions may be a guide how to assess this issue:

- What is our impact as humans on the surroundings where the sport activities are conducted?
- Is there a lot of waste in the places which are used for physical activity? How is this waste created?
- Can the physical activities be done including activities for the collection of waste?

Having sports events organized in places with a lot of waste can increase the public's awareness of the problems which we are facing. This can be done with the combination of all outdoor activities. Cleaning the nature of waste educates the participants and the local population that more can and should be done.

★ Awareness of the resource consumption from the sports activities.

Following the questions below the organizations may gather useful information which can then be used for future activities:

- What type of equipment is needed for the sport? Does it have to be purchased new or can it be made from used materials? What happens with the equipment after it has been used, can it be upcycled and used again?
- What happens with sportswear after they are outgrown by children? Is there a system in place to give the outgrown, but still in good shape, sportswear to younger children?

The sports activities can be made sustainable by upcycling old and used equipment for further use, or by giving the outgrown, but still in good shape, sportswear to younger children. Always think of ways to use what is at disposal, instead of regularly buying new items. This way the creation of waste will be reduced, the organization will become sustainable, they will move towards reducing consumerism and creating a circular environment, where everything is used to the maximum.



The trainers are the ones that determine the type of activities that will be done during practice and how the time dedicated for the physical activity will be used. Therefore, it is essential that they are educated for environmental protection and the environmental impact of sport. If they have the knowledge and know the importance of environmental education in sport, they can adapt their programs in order to further educate the participants. Through sport, the trainers can educate a large number of people, from different generations, starting from young children, and even older people who have already finished their formal education. This is the way how education on environmental protection will reach a lot of people and will have a huge impact.

There have been a lot of organizations who are already using sport for environmental education. For the purpose of this guide, some of them have shared their experience through interviews. Their activities provide useful examples for other organizations how to implement environmental education in their sports activities.

★ Awareness of the educational power of sport

Sport organizations and CSOs should be aware that sport has the power to educate and enrich the lives of individuals in a number of ways. Participating in sports can teach different set of skills starting from Teamwork: Sports often require players to work together as a team in order to achieve a common goal. This can help develop skills in communication, leadership, and collaboration. Decision-making: Sports can provide opportunities to make quick decisions under pressure, which can help develop problem-solving and critical thinking skills. Time management: Participating in sports often requires balancing practice and game schedules with other commitments, which can help develop time management skills. Leadership: Captaining a team or taking on a leadership role within a team can help develop leadership skills and the ability to motivate and inspire others. Resilience: Sports can be challenging and require perseverance and determination in order to succeed. Developing resilience through sport can help individuals bounce back from setbacks and challenges in other areas of life. Solidarity to other people and the community as a skill may influence (if carefully guided) actions to protect the environment or contribute towards community actions for clean environment. Environmental solidarity through sport means supporting environmental conservation initiatives. Many sports organizations and athletes have supported environmental conservation initiatives, such as planting trees, supporting wildlife conservation efforts, and promoting sustainable development.

The following questions may be a guide how to approach this idea:

- Which activities or sport games we do can be used to educate about solidarity and clean environment?
- How can we incorporate environmental information in parts of our everyday trainings?
- Which are the different approaches we can use to educate our players and young sports people about the environment and the impact pollution has on the world?
- How can we connect a sporting event with an environmental initiative which will raise awareness in our respective community?



PART 3: GOOD PRACTICES TO SPARK INSPIRATION

National Sports Club Olimp - Bulgaria

"National Sports Club Olimp" is an organization founded in 2010 with a certain culture, value system, a place where virtues are created for a lifetime, like: Respect, Diligence, Tolerance, Fairness, Teamwork, Patience. Sustainability is one of the main values conveyed to everyone in the Sports Club. The club not only teaches children to swim, crawl and backstroke, they conduct a complete process of building in children's skills, knowledge and habits (including being eco-friendly) that help them adapt and progress, both in the pool and in every one of their next ventures!



Every year the "National Sports Club Olimp" organizes 4 camps. At each camp the participants develop and connect as a big family. They focus on cleaning their own rooms, the dining area, and the common areas. The participants serve their own food and take care of each other. The lessons which emphasize waste management are more than important for the group. Furthermore, at the camps there is no usage of plastic for single use, such as plastic cups, cutlery etc.

The camps are also a place where there are conversations and lessons on the excessive use of energy and resources. Every day checks are done for unnecessarily lit lamps or working electrical appliances as well as water usage control and awareness is a key priority.

The club also organizes walks in the park or camping in the mountains, during which they collect the waste on the road and dispose of it properly when they get back to the city. In addition to these actions, the club has organized informative sessions and workshops about environment protection and sustainability. In the sessions practical everyday examples are given, how to become more sustainable and eco-friendly.



ULTIMATE FRISBEE FEDERATION – BULGARIA

Ultimate Frisbee Federation was formed in 2018, from people who started playing ultimate frisbee back in 2010.

The connection of ultimate frisbee with environmental protection was established during a tournament in 2019 in Germany, where one of the teams of the federation was participating. They were asked to bring their own cutlery, personal plates and water bottles to the tournament, and realized how much waste can be reduced in such a way on their events and tournaments. That is how the idea about the Spirit of Nature policy was born.

The Federation had the idea of implementing a nature-friendly code in Bulgaria and the ambition to transform their players' way of thinking and concern about pollution.

Disc golf is an excellent target group, since while moving the baskets (targets) around the parks of Sofia and Burgas, some rubbish can be found and picked-up.



Through ultimate frisbee, and generally through all flying disc disciplines, people are being more active in disseminating a nature-friendly way of practicing the sport.

Through sport the general awareness of the players over pollution has increased, and the aim is to turn their ideas about reducing waste, created during the sports activities, into actions.

During the process of creating the Spirit of Nature, the Federation has learned that changing a habit is a difficult and very slow process, until the moment when you reach the point where the majority of the players, including coaches and top players adopt the values of the Spirit of Nature code.

Currently, more than 50% of the players own reusable water bottles and use them regularly. All discussions and actions conducted have resulted in reduction of the creation of plastic package waste by 60 - 80%.



WIND2WIN - BULGARIA



The WIND2WIN initiative was launched in 2018 with the first 300-kilometer windsurfing challenge from Durankulak to Rezovo, which stands for the cause "Black Sea, free from plastic", accomplished by the two Bulgarian surfers Iliyana Stoilova and Ioan Kolev in 72 hours. Their goal was to bring public attention to plastic pollution in the waters of the Black Sea.

The foundation of the WIND2WIN initiative is rooted in the connection between environmental conservation and a passion for water sports.

Practicing water sports invariably makes one feel the marine environment even closer, even more precious. By getting to know the marine environment and the positives of playing sports in it, people become more sensitive and attentive to the sea. They develop a maritime culture and acquire skills related to personal water safety.

The initiative includes a number of beach clean-up events along the Bulgarian Black Sea coast, free surfing lessons and training, as well as the production of the documentary "Sea of Wind/WIND2WIN" which tells the story of the brave adventure of the two windsurf athletes, and screenings of the documentary around the country.

All beach clean-up events are entirely dependent on weather conditions, most of the events are organized in spring and autumn, after sea storms that bring up a lot of plastic litter on the shores. Between 20 - 60 people participate in beach cleanup events.

So far WIND2WIN have organized over 10 beach cleanups all along the Black Sea coast, from which nearly 5 tons of waste were collected. A visible change in the attitudes towards plastic use is seen, especially among young people aged 18-40.



PETKUPA (PLASTICCUP) - HUNGARY

PetKupa (Plastic Cup) is a Hungarian NGO that started with the aim to make plastic cup collection from the Hungarian rivers, mainly the river Tisza, fun and attractive.

Now, they organize yearly competitions for collecting trash while kayaking.

The collected plastics are used to construct their boats, with which they compete afterwards. This practice makes the whole process sustainable.

Every year they collect 5-10 tons of plastic by organizing 3 main events per year. People of all ages participate in the activities, while the youngest member is 1 year old. The initiative is growing every year, it started with only 4 teams, now there are 300 people participating, and even more people want to come and do it.



The collection of plastic waste from the rivers is done while canoeing. Some of the places are accessed easier with canoes, since the river at some places is surrounded by forest and not accessible by other means of transport.

In addition to the physical activity, there are other benefits, such as team building, learning to maneuver with a lot of canoes (60 canoes every day), learning about respect, patience, teamwork and fair competition.

PetKupa wants to raise awareness about the pollution of the rivers, the importance of collective work, and to stand behind the organizations who are working for environmental protection. The whole idea started with cleaning the river, continued with teaching people to be more sustainable, and now it is creating a whole community.



CRAZYKAYAK INITIATIVE – HUNGARY

The company CrazyKayak was launched by Klaudia Kis and her partner. At the beginning of the formation, the two of them paddled upstream the Danube from the Black Sea to the source of the river in Black Forest and documented the whole trip. Klaudia Kis was the first woman to undergo such a trip paddling upstream.

CrazyKayak does not only do sports activities, they conduct education for environmental sustainability through sport. The target group for participants is

mostly women between 25 to 40 years, from various backgrounds. The main characteristics which they should possess are: to be courageous and interested in nature.

CrazyKayak has another initiative, they will launch a website where green solutions will be collected and through which it will be possible to find environmentally friendly initiatives. They won the SALTO award for the initiative, while the website is still in the process of creation.

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ZOLDOVEZET – HUNGARY



Zoldovezet (Green Belt) is a civil organization from Hungary, focusing on waste management and conducts 2 programmes – “Helping Hand” and “Event Greening”.

“Helping Hand” is a charity team which organizes activities for the community, specifically for kindergartens, national parks and team building for companies. As part of the activities, they renovate gardens and playgrounds of schools by their own hands. Their activities are mainly focused on physical work.

Each year the number of companies participating in the team building activities is increasing. The season lasts from spring to autumn, with one event per week. At the events there are from 20-50 people, while for some events 250 people can be involved.

“Event Greening” is a volunteer based NGO for waste collection and waste separation. They are present and participate in festivals and different types of events, in order to give an example and raise awareness to the participants for proper waste selection and sustainable practices. During the events they separate the waste into 8 fractions, even plastic is separated further as well, like PET bottles and mixed plastic, etc. and sent further to their partner company, who takes the materials for recycling.



These events are an opportunity to educate large number of people for waste management and to share their main message: we all need to decrease the amount of waste generated, then to decrease our consumption, if it is unavoidable to create waste - to try to reuse it, and if this is not possible, to recycle the waste.

Zoldovezet even participated in the FINA world championship, where they had an information booth. Sports events are a good opportunity to reach out to many people.

All materials which are used by them in the education sessions are recycled afterwards. Zoldovezet even brings examples with them of their work, like reusable playgrounds, and when people see them, they open their mind. Therefore, they try through games to speak with people.

GONDOLER@s SUP CLUB – SPAIN

"Gondoler@s Sup Club" is a sports club integrated within the Surfing Federation. It was established in July 2020 and carries out its activity mainly in the province of Alicante (Spain). The club was born as a result of a personal project, called "Diarios del Mar"; several people who agree with their values, proposed to meet and do paddle surf activities, which lead to a sports club.



The main objectives of the club are: the practice of Stand Up Paddle, Surf and other water sports; the care and conservation of nature; and the promotion of health and healthy habits.

They have several ongoing projects that are fixed throughout the year: guided tours with an environmental objective, paddle surf courses and classes, courses and classes with people with functional diversity, coexistence and in parallel, the project "Diarios del Mar".

Through "Diarios del Mar" they create videos for the personal experience and personal challenges with which they faced. It is a compilation of videos with instructions on how to make a paddle surf route, and what are the best places to tour in the province of Alicante. The videos spread information for the natural values of the area, respect for the environment, environmental awareness and spread paddle surfing as a sport with values and a social objective.

The "Guided tours" are carried out with an environmental objective, in which people are made aware of the flora and fauna of the area in which the activity is done, the historical background, collection of plastics in the maritime environment, and at the same time practicing sport. The main objectives are that people get to know the environment in which they are practicing sport, learn about its flora, fauna, the ecosystem, that they learn to do sport in nature respecting it. In short, awareness and respect for the environment.

They believe that it makes little sense to practice a sport in nature and not take care of it.



KMS VERDES ENVIRONMENTAL SPORTS ASSOCIATION – SPAIN

"Kms Verdes" is an organization created in Tenerife (Spain) in April 2020 by Jonathan Luis Bello, sportsman and industrial engineer, with the aim to unify two major disciplines linked to social development, such as sport and the environment.

"Kms Verdes" seeks to promote environmental care through sport. From the association they try to reduce all types of waste, rid nature of garbage and generate energy to achieve many green kilometers. They intend to create a great committed community that will leave a better world for the new generations to come.

"Kms Verdes" carries out several projects and activities, such as the project "Energy Workshops" on several different topics: waste management, microplastics, environmental impact through sports, ecological footprint, and reforestation.

As active sports players they have observed that even several months after a sporting event, there was still waste left behind, and wanted to do something about it. The "Ekopatrolla" project consists of providing logistical support in sporting events such as popular races, to facilitate proper waste management. They help in the organization of these events (control points, provisioning, runner assistance, information) and try to ensure that they have the least possible environmental impact. With this initiative they are raising awareness about the impact of organizing an event, they conduct informative talks and voluntarily participate in the events, linking sport and environment.

The project "Care and preservation of the mountains of La Orotava" started at the end of 2021 and consists of carrying out sports and environmental activities to care for and preserve La Orotava, a protected natural area in the north of Tenerife. Through the project, they carry out hiking routes and activities to collect the waste found along the route, carry out talks during these hiking routes to learn about the native flora and fauna of the area, and conduct information sessions on environmental awareness and on the results of the project.



VELORECICLA ASSOCIATION - SPAIN

"Velorecicla" is a non-profit organization created in Agres, small town of Alicante, (Spain) in 2021 that is mainly dedicated to collecting used bicycles, repairing them, refurbishing them, reusing them and donating them to entities that work with people without resources and/or at risk of social exclusion.

Velorecicla wants to contribute to spread in the society a culture of the use of bicycles as a sustainable, clean, silent and ecological transport element, helping us lead a healthy lifestyle, as well as a sporting one, besides

contributing to spread in society a culture of cooperation with a solidary and altruistic purpose.

Thus, their main objectives are recycling, health and environmental care and social aid, through the use of bicycles.

Velorecicla's main project is to collect unused bicycles, refurbish them in order to donate them to people at risk of exclusion who may need them. However, Velorecicla is developing other parallel projects that combine sport and environment such as "Bici Escuela Itinerante Velorecicla" and the Campus "Muévete Rebiciclando: week of sport and recycling on pedals".



"Bici Escuela Itinerante Velorecicla" is an initiative created and designed to provide a service of extracurricular sports activity, which aims to educate and train children through cycling, developed mainly in villages at risk of depopulation. The objectives are to improve the motor development of children, encourage the development of social values and create an ecological conscience.

Campus "Muévete Rebiciclando: week of sport and recycling on pedals" is an initiative, which took place during the summer of 2022, aimed to teach children and adolescents to reuse and recycle materials and garbage from our environment, and use them to develop a healthy life through sports and physical activity. The activities were developed around the use of bicycles as the main sustainable sport to be promoted, using several of the refurbished and restored bicycles from the refurbishing workshop of the Velorecicla association.



GEA VOLUNTEER ASSOCIATION - MALAGA, SPAIN

The GEA Volunteer Association was born in 1995, characterized by an ethical and humanistic sense of service to society, nature and life. In GEA, the volunteer action encompasses the care and preservation of the planet Earth and all the beings that inhabit it. But it also strives to be imbued with an attitude of solidarity, harmony, fraternity and respect for nature. They are calling themselves GEA Volunteer Association in allusion to the Latin name of the planet. GEA is made up of a team composed entirely of volunteers, who seek to channel human values and make them a tool to build a better world in which dignity is the beginning and the end of the work, without any financial remuneration.

They carry out initiatives such as:

- Protecting and cleaning up the environment.
- Care for endangered animals and plants.
- Environmental awareness campaigns, through audiovisuals, videos, courses, excursions and mountain hikes.

In addition, they also develop training workshops for volunteers.



MOUNT VICTORIA PROJECT

One of the projects that combines sport and environment is the regeneration and conservation project of “Monte Victoria”. The project consists of a series of environmental activities, such as cleaning and reforestation, among others, in one of the richest places for its biodiversity in the city of Malaga. Since 2006, GEA volunteers have been carrying out this project to clean and reforest Monte Victoria. This initiative arose after assessing the green spaces within their city and detecting that an enclave of special uniqueness and high environmental value in the heart of the capital, such as this mountain, needed to be recovered and preserved.



The regeneration and conservation project “Monte Victoria” aims to convert this enclave of the city of Malaga in a space where the Environmental Volunteers can perform tasks of promotion and ecological awareness, through training of volunteers on the fauna and flora of the site, cleaning of the mountain, reforestation with native species and training through information panels and responsible hiking, for visitors to the mountain.

The impact of the “Mount Victoria” project in these years can be seen in the evolution of this environmental space in the following indicators:

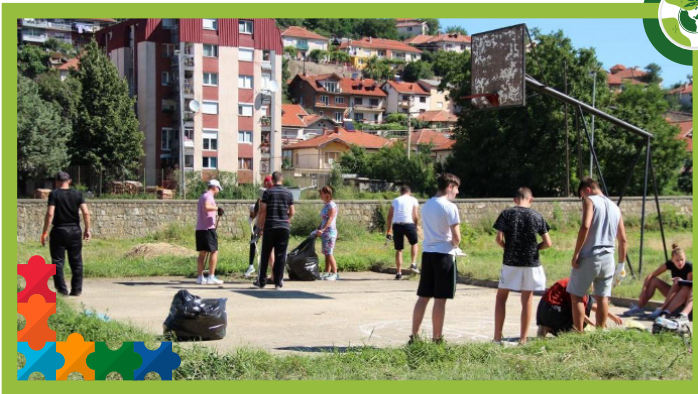
- The area has been declared a protected Forest Park.
- Hikers who visit the area are aware of the work being done and some join in the tasks.
- The forest is increasingly populated with native vegetation and species.



TAKT (TOGETHER ADVANCING COMMON TRUST) NORTH MACEDONIA

TAKT is a start-up non-governmental organization for bridging up cultures, fighting social and gender inequalities through sports and cultural activities.

Their project “Sport for development of green environment” started 3 years ago in the small rural municipality of Kriva Palanka. The main objectives of the project were firstly to contribute towards social inclusion of the children from elementary school, coming from the rural places, through the use of sport, and secondly to develop urban sport spots where the children can play sports together.



There are two main messages that the initiative carries. First, everyone is welcome. This means that it is an inclusive initiative where everyone can come and participate. Second one is that they protect the environment. When it comes to this message, they tend to organize all the activities with the idea that everyone needs to think of the environment first.

The activities that are covered in the project have an impact over the choices that the target group makes after. After these activities, the children firstly have more options of which playground to choose for their sport activities and secondly, because they have assisted in the process of cleaning and developing that playground, they will keep it further clean and will know how to protect the environment.

The activities that were covered in the project created a very positive impact on the community and increased their level of awareness about the environment and how they should protect it. This was achieved by creating an educational environment where children who came for the development of the sporting playground, they also played sports afterwards there and they learned why protecting the environment is important and how they can do that.



GO GREEN – NORTH MACEDONIA

Go Green is an association for sustainable development and environmental protections, founded in 2010. They have been conducting multiple events for awareness raising for environmental protection and waste selection.

In the last 2 years, they organized 6 movie theaters and 2 musical events with bicycle powered electricity generators. The intention is to actively include the participants in the events, where they would bring their own bicycles and produce green electricity with the generators to provide power for the events. The generators have LED meters which measure and show the produced amount of energy during the event and how much time has this energy been produced. This gives them data on how many carbon free events have been organized so far. As an additional power source they are also using a mobile waste selection station, equipped with 2 photovoltaic panels and a battery. During the events the bicycle generators charge the battery and provide additional electricity.



Go Green regularly organizes events for the purpose of raising awareness for waste selection in elementary and high schools. To make it more fun, the waste collection and separation is incorporated into standard sports games, such as playing basketball with plastic bottles, while the little kids play the game „Steal the bacon“ also with plastic bottles. Since the participants are young kids, the waste collection is done for paper and plastic, avoiding hazardous types of waste.

According to them, education for environmental protection can be implemented in all sorts of sports activities. Several hiking tours have been organized in different places, during which waste on the hiking trail was collected. Also an activity of waste collection was performed on water, with kayaks, where plastic bottles floating on the water were collected. These types of activities have been conducted all over the country, in collaboration with different local organizations.



VELOSCHOOLS – ECO LOGIC – NORTH MACEDONIA



Eco Logic is an NGO dedicated to protection and conservation of the environment, promotion of modern environmental practices, as well as monitoring and promoting the principle of sustainable development. In 2018 they formed the program Velo Uchilishta (Veloschools) with the purpose of promoting cycling as a safe, healthy and alternative way of transport for pupils in North Macedonia.

They are using bicycles as a tool not just for sports activities, through bicycling they talk about air pollution, transport, socializing, and health benefits. Their main focus is working with children from elementary school, while currently around 40% of the schools in the country are part of Velo Uchilishta. The activities are done outdoors, starting from simple warm up exercises, riding bicycles, discussing the right way of riding bicycles, and education for the environment.

In September 2022 they created a 6-7 km educational trail, for children and families. It is done in an area where workshops for nature and biodiversity are regularly held, therefore families can now cycle on the trail, educate themselves for the proper ways of cycling and maintaining their bicycles, and arrive on the destinations where they will learn about biodiversity in the specific area.

In the past they even had an educational center “Zhabec” (Froggy). During winter time they were organizing activities in the Natural History Museum, on the top floor kids were learning about environmental topics - animals and living creatures, learning how animals look, their natural sizes, reproduction and their habitats, while on the ground floor they were doing exercises for corrective gymnastics.



They have identified that there is a lack of information for environmental protection and climate change in the curriculum for elementary and high school, and also that there is not sufficient physical education. Using all the experience which they have, they created an extracurricular subject “Cycling” which was approved by the Bureau for development of education. Currently this subject is being taught in an elementary school in the village Blatec, near Vinica, in the eastern part of the country.





Author of the E-Report expert Marija Sisovska. The report was developed with additional support by experts in education through sport: Magdalena Spasovska and Nadica Jovanovik

BIBLIOGRAPHY AND HELPFUL RESOURCES TO GO FURTHER

The interviewed organizations conduct many more activities than the ones described in this report. They have shared links of their official web sites where more information is available. This information, too, can be inspirational for the readers of this report and for other European Sport for Development trainers for other sustainable and environmentally friendly sports practices.

National Sports Club Olimp - Bulgaria

<https://www.pluvane.com>

Ultimate Frisbee Federation – Bulgaria

<https://ultimatebulgaria.alle.bg>

WIND2WIN - Bulgaria

<https://wind2win.com/>

Movie Sea of Wind

Plastic Free Black Sea

Plastic Free Black Sea, Kaufland

PetKupa (PlasticCup)

<https://petkupa.hu/eng/>

<https://m.facebook.com/petkupa/>

CrazyKayak initiative – Hungary

<https://www.kayakcrazy.hu>

<https://www.facebook.com/kayakcrazy.eu>

<https://www.instagram.com/kayakcrazy.eu/>

Zoldovezet - Hungary

www.zoldovezet.info

www.facebook.com/zoldovezettarsulas

www.instagram.com/zoldovezet

GONDOLER@S SUP CLUB – Spain

<https://www.facebook.com/Gondoleras>

<https://www.instagram.com/gondolerassupclub/>

https://www.youtube.com/channel/UCFgefxAJxdrZhF_li4csysg

KMS VERDES ENVIRONMENTAL SPORTS ASSOCIATION – Spain

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#kmsverdes

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<https://m.youtube.com/channel/UCmwdhEyOSMFrTt87yMqfLDg/featured?>



www.kmsverdes.es

VELORECICLA ASSOCIATION - Spain

<https://www.facebook.com/veloreciclaONG>

<https://www.instagram.com/velorecicla/>

<https://www.youtube.com/channel/UCRW27iiA4V2-ipAMW6arFlg>

<https://velorecicla.amics.eu/>

TAKT (Together Advancing Common Trust) – North Macedonia

<http://www.takt.org.mk/doma/>

<https://mk-mk.facebook.com/TAKT.ngo/>

Go Green – North Macedonia

<https://www.bidizelen.org/>

<https://mk-mk.facebook.com/gogreenbidizelen/>

Veloschools – Eco Logic – North Macedonia

<https://ecologic.mk/>

<https://veloschools.mk/>



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