




*Provincia di Padova*



Comune di Gazzo

Organisation/Institution	<b>City of Gazzo</b>	
Project title	<b>RUN 4 EU</b>	
Programme	<b>ERASMUS + SPORT</b>	 <b>Erasmus+</b>

**Project description:**

RUN 4 EU is a project supporting the mobility of athletes, volunteers, coaches, managers and staff of no-profit organisations, and consisting of a journey of 50 runners across Europe with the aim to provide a pan-European event while promoting a healthy lifestyle in remote country areas, small villages or towns located in the peripheral areas of Europe.

The project shall comply with the principles about health and participation stated in the EU guidelines on Health Enhancing Physical Activity (HEPA). It is managed by grassroots sport clubs and local authorities involving four countries: Italy, Slovenia, Hungary and Romania and the European Network ALDA, sponsored by the Province of Padova.

The project shall include a series of runs for amateur athletes taking place in several towns in which citizens are invited to join who want to enjoy the benefits of sport, and the advantages of socializing, enjoying oneself in the company of others, being physically active.

The run shall start in Mioveni, Romania, and end in Gazzo (Italia) after having crossed cities in Slovenia and Hungary.

RUN 4 EU partnership shall join forces to promote the benefits of sport activities and raise awareness of the benefits of physical activity among European citizens as well as enhance the role of volunteers in the phases of promotion and organisation of events and dissemination.

The project shall :

- support the mobility
- create a transnational network of runners and creation of a transnational runner club
- team up sport clubs and local governments for the achievement of the project goals
- highlight the contribution of grassroots sport clubs to the development of a European dimension of sport
- promote inter-cultural dialogue and exchanges through sport
- involve several strata of the society. Young people, adults and families shall be made aware of the effects on their health of obesity and a sedentary life style.

## **Main activities:**

The project will unfold as follows:

### **Preparatory step**

1. from 1.1.2019 to 30.6.2019

planning of the events, participant clubs will reach out to their targets (adults, families, retired people) and develop a scheme for the training of participants to the run, developing a sense of partnership with the project partners, sharing good practices, disseminating the project activities and goals on their territories, kick off preparatory meeting in Gazzo, kick off meeting with the local partners (sport associations, cities, sport authorities, schools students and authorities), participation of sport testimonials, partnership with other runs (i.e. Run for Life) promotional events

2. from 1.7.2019 to 31.12.2019

### **Meeting**

The run shall take place in Romania, Hungary, Slovenia and Italy in summer 2019 and shall consist of a journey across East Europe to inspire healthy habits and reconcile people from different nationality about the advantages of practising sport.

It will start in Mioveni. Here, 12 Italian runners shall meet and run with Rumanian runners. Then 12 Italians and 12 Rumanian will reach by bus the City of Bacsalmas in Hungary.

Hungarian runners will organise a joint run with Romanians and Italians. 12 of them will travel by bus to Slovenia where they will be welcomed by the Slovenian partners. All together the 48 participants shall travel by bus to their final destination in Italy, Gazzo.

Beside the runs the welcoming cities shall organize events to accompany the runners and create awareness around the topic of healthy habits through sport practice

The partners shall involve the local grassroot sport clubs to leverage on the project in order to impact on the communities as much as possible.

About 2000 citizens and athletes from Gazzo and the cities of Grantorto, Piazzola sul Brenta and Limena shall accompany the arrival of the runners in Gazzo for the final leg of the journey.

The conclusion of the project in Gazzo will consist of a final project meeting that shall take place in August 2019 during an event called Europe Day of sport with representatives from different disciplines, city, sport, and school authorities.

### **Follow up.**

Long term plan to integrate the Europe Day of sport into the partner cities annual sport events.

**Dissemination and communication** from 1.1.2019 until 31.12.2019.

**Results:**

- increase sport practice as part of a healthy lifestyle,
- increase engagement citizens at European level, improve the awareness about sport and physical activities benefits,
- increase understanding of the effects of physical welfare on the personal, social and professional life,
- extend the outreach of grassroot clubs across the borders,
- help policy makers elaborate healthy sport policies

<b>Lead partner</b>	City of Gazzo (Italy)
<b>Partners</b>	City of Mioveni (Romania) City of Bacsalmas (Hungary) City of Ivancna Gorica (Slovenia) ALDA Association des Agences de la Démocratie Locale – (France) ASD Amici del Brenta (Italy)
<b>Duration</b>	<b>from 1.1.2019 to 31.12.2019</b>