



ESLI

Etelä-Savon Liikunta ry
Southern Savo Sports Federation



ESLI

Elä sinäkin Liikkuen!

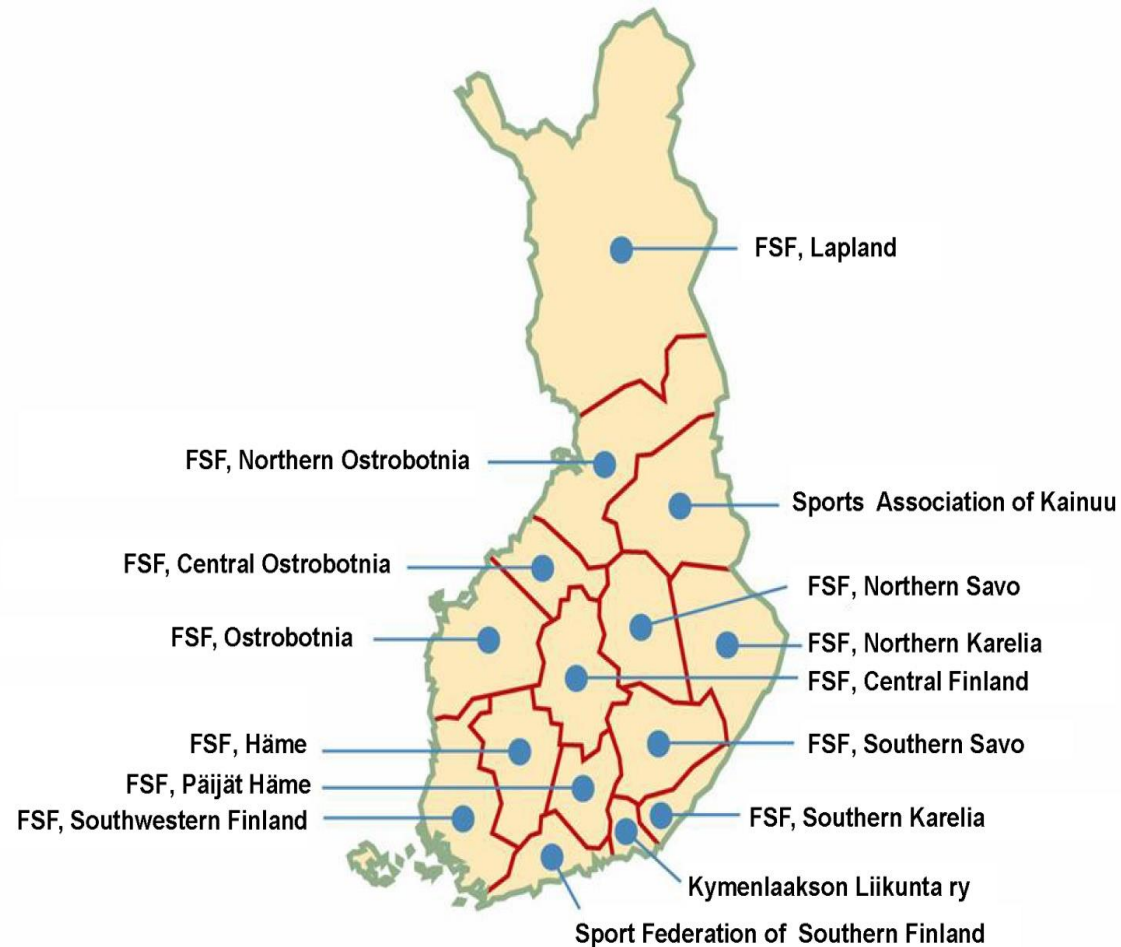
Southern Savo Sports Federation (ESLi in Finnish)

- A non-governmental sports federation
 - A member of the fifteen regional organizations of Finnish Sports Federation (FSF)
- Founded in 1998
- Serves as an umbrella organisation for all of its members
 - 120 member organisations in Southern Savo
 - The values: the forerunner, the joy of sports, team game, Southern Savo, effectiveness
 - The mission: Live your life with Sports



Elä sinäkin Liikkuen!

The regions of Finnish Sports Federation (FSF)



Elä sinäkin Liikkuen!

Our main goals

- To serve and advise members in all sports and leisure issues
- To support and help clubs and organizations to maintain their vitality in the future.
- To contribute to the welfare of people in Southern Savo



Elä sinäkin Liikkuen!

Activities

- Big sport events: Ruusukävely and Linnanneitokierros (walking or jogging for women), Luonteri Pyöräily (cycling), Saimaa Swimrun, Iskän kanssa liikkeelle (a sporty Father's Day event)

- Sport and leisure training and courses
- Summer sport camps for children
- Various projects:

Digivoimaa (Digital well-being belongs to everyone)

Me Uskallamme (Better together – learning to improve wellbeing)

Kylät liikkeelle (Moving Countryside)

Tanssin taikaa ja tasapainoa (Feel the magic of Dance and find your balance)

Meijjän Mikkeli (Sport Mikkeli)

Vector Sport , Villages on Move

Schoolchildren's afternoon activities

- Guidance for groups, sporty events for maintaining working ability
- The support and development of sport clubs



Elä sinäkin Liikkuen!

ACTIVITIES FOR SENIORS

- Chair exercise
- Keep fit exercises
- Open senior sports shiff in cooperation with the City of Mikkeli , once a week for one and a half hours. Walking, gymnastics, balancing, playing and doing thing together after a common warm up.
- “Senior dating” event once a year in cooperation with various organizations mm. pensioner`s organizations, City of Mikkeli sports activities etc.

AINOT & REINOT LIIKKEELLE

- Ainot & Reinot liikkeelle; free event once year in cooperation with different organisations. Stick jumping, balance track, Lava dance exercise, seniors dance etc.
- Seniors dance
- Asahi
- Country dance, Line dance



Elä sinäkin Liikkuen!

Open senior sports shiff in Saimaa Stadium



Chair exercise





AINOT & REINOT LIIKKEELLE



Funding

- State aid (Ministry of Education and Culture)
- Municipality subsidies
- Cooperation agreements
- Membership fees
- Project activities: Involved both in EU projects (funded by ESF and the LEADER programme) and nationally funded projects.



Elä sinäkin Liikkuen!

Main Sponsors and partners



Southern Savo Sports Federation

Address:

Paukkulantie 22,
50170 Mikkeli,
FINLAND

www.esliikunta.fi

+358 15 228 750



Elä sinäkin Liikkuen!

