



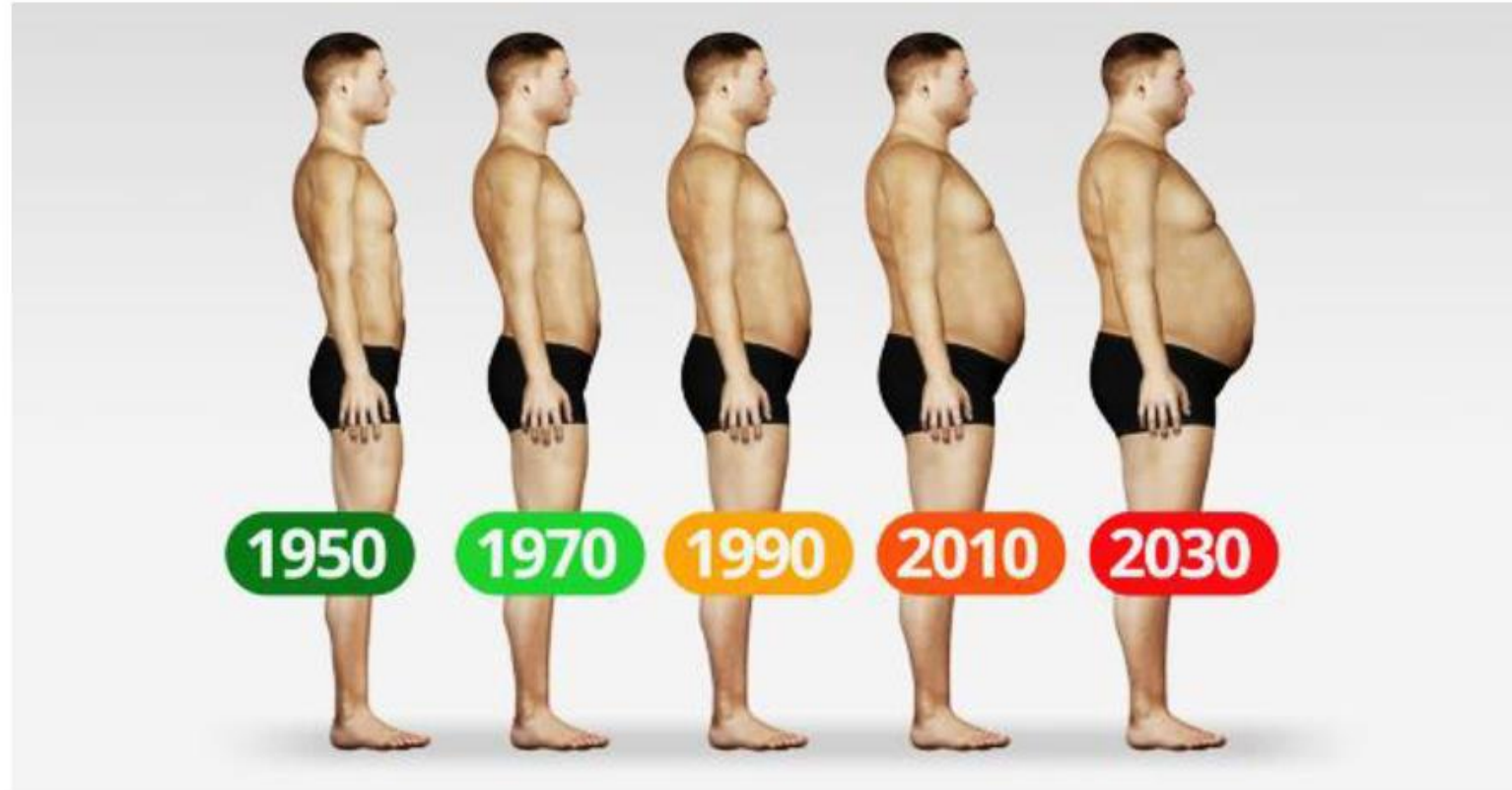
# VILLAGES ON MOVE NETWORK

We promote physically active lifestyle in rural areas of Europe by means of culture of experimentation.

It means that activities are based on ordinary people's own ideas and desires. Sport clubs can try and learn in our project!



Please join us by investigating our MAP full of ideas [www.villagesonmove.com](http://www.villagesonmove.com) .



Yuri Teshler with image © iStock.com/angelhell







## Promoting physically active lifestyle in rural areas of the Baltic Sea.

**Villages on Move project is an innovative example of inclusion and enhancing physical activities in rural areas. Our actions were based on the ideology of Culture of experimentation: try and learn, and find your own joy of physical activity.**

Students at Baltic tour:

"Physical activity can be very fun!"

During the project the focus was always on people's ideas and wishes. Ideas were gathered with idea competitions. Integrating various cultures and diversity into idea competition showed the ways in which people from other countries keep physical active. Social inclusion of refugees has become an urgent problem to solve in EU. Through sports and physical activity measures good experiences have been made.

It is possible to get new ideas for this work from idea competitions. We succeeded in increasing participation in promoting physical activity in rural areas, utilizing sense of community as a driving force for development in physical activity of rural citizen. In the opinion of the VOMB project's lecturers and staff, the integration of various activities of physical activity into the collection of ideas was a successful and a form of activation for various ages.

Thousands of ideas about physical activity opportunities were collected indoors and outdoors using verbal and non-verbal methods such as physical activity exercises or games, structured interviews, writing ideas, discussion and drawing. Best ideas are available on our website [www.villagesonmove.com](http://www.villagesonmove.com).



**Erasmus+**

Field: Sport  
Action: Collaborative  
partnership

### Key facts and figures

Participants:  
29242

Countries:  
5

EU grant:  
318 583,24€

Project Duration:  
2017-2018

Project:  
Villages on Move Baltic

Alltogether  
114 physical  
activity events  
with 29242  
participants

13719  
Participants

FINLAND

47  
Events

8184  
Participants

ESTONIA

LATVIA

21  
Events

LITHUANIA

20  
Events

DENMARK

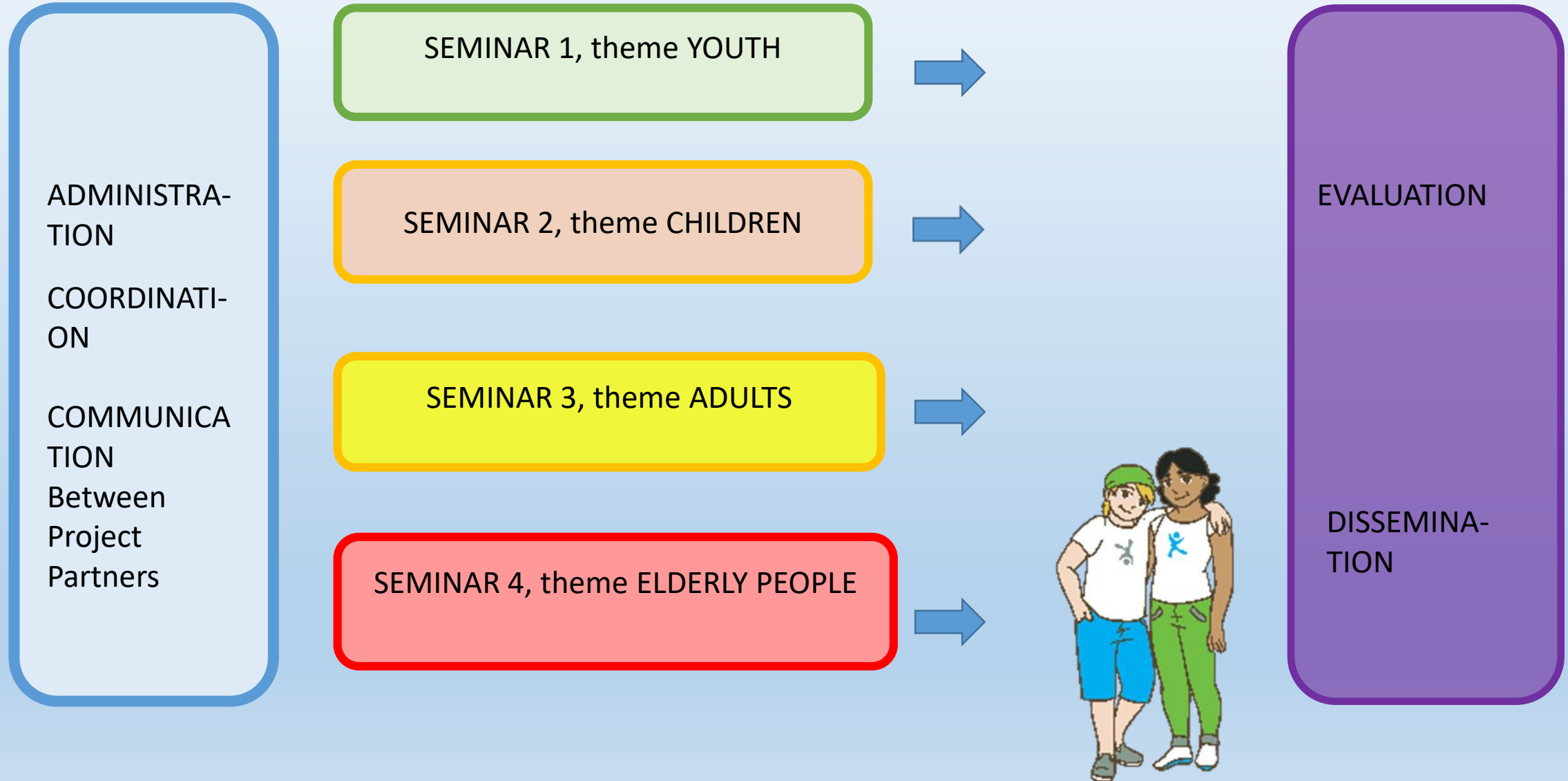
2301  
Participants

### EuroBarometer 472 (2017)

- Nearly half of Europeans never exercise or play sports, and the proportion has increased gradually in recent years
- In a given week, more than half of Europeans do not do any vigorous physical activity, and around half do not engage in moderate physical activity
- 15% of Europeans do not walk for 10 minutes at a time at all in a weekly period, while 12% sit for more than 8.5 hours per day

# VILLAGES ON MOVE NETWORK Project structure

Social inclusion and equal access to Sport Health enhancing physical activity



# YOUTH



# The inclusion of youth in our club

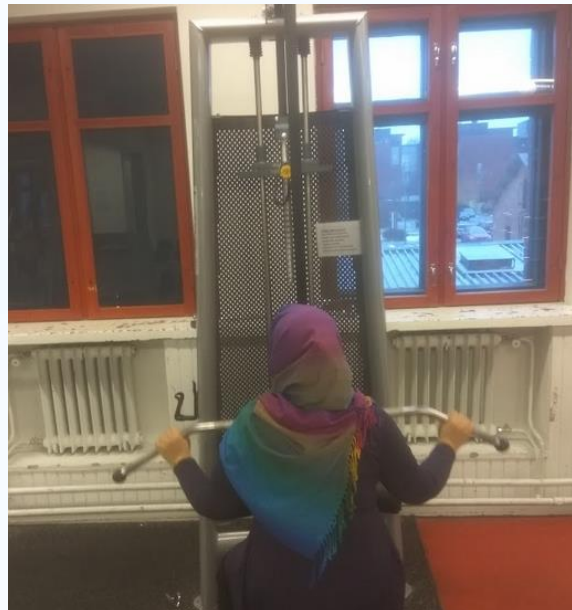
- The majority of the members of our club are young
- The young members are very active and creative
- We are given the opportunity to get our voice heard and affect the activity of our club at a young age
- Half of the coaches are under the age of 25

Some of the young coaches at our 2018 Christmas show





# ACTION



<https://www.youtube.com/watch?v=kEHMfVRWYts>

Getting to know local sport facilities, sport clubs, local people, traditional sports and games, testing own ideas, finding new way to experience joy of sports.



# ALL DANCE



Pedagogical start point project  
Promote active life style  
Social well-being  
Through the Folk World Dances

Open to the whole community  
Worth and respect difference

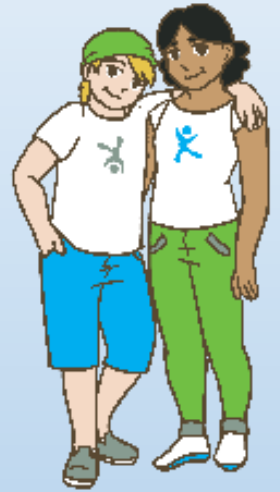
Intentional Spontaneous Inclusion



# Healthy feet walk



# CHILDREN







**OLD HABITS**

**CHANGE**

# 4F-method Fun-Fit-Fine-Functional

More creativity

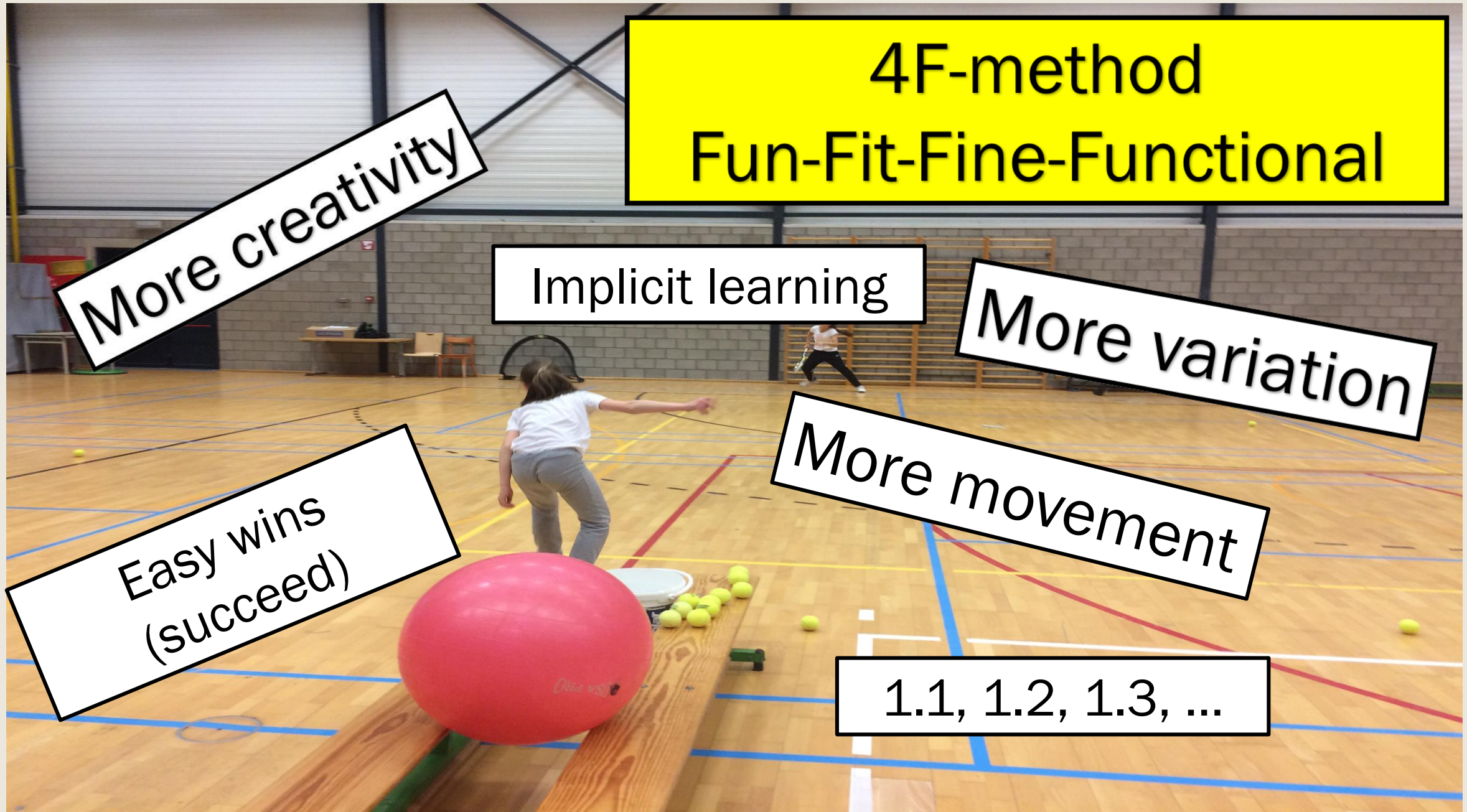
Implicit learning

More variation

Easy wins  
(succeed)

More movement

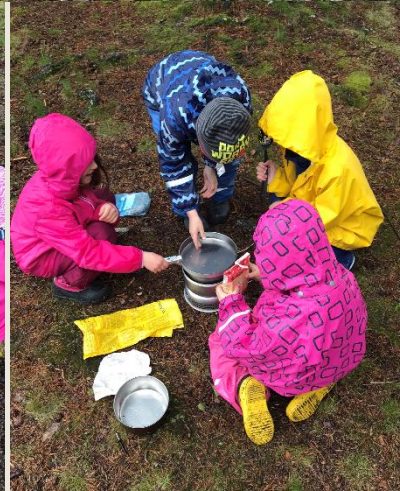
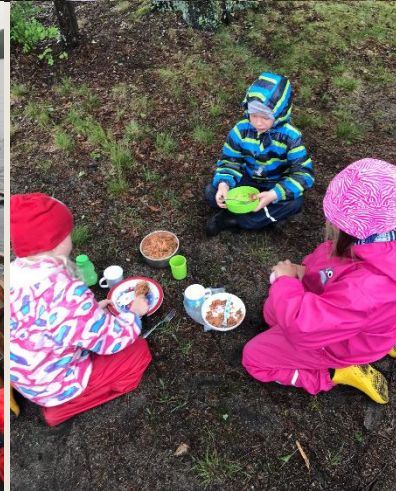
1.1, 1.2, 1.3, ...







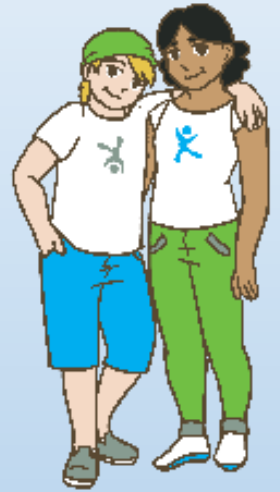
## All day treks







# ADULTS







# Goal Moving Neighbours



## **FIT AND WARM NEIGHBORHOOD:**

Move together differently and more consciously in your neighbourhood



**Social  
Integration**

+



**Move**

=



**FIT & WARM  
NEIGHBORHOOD**



## Case number 3. – together with children

Family football

Family judo

Family gymnastics

Family floorball





## Mobile App main features



- Workout selection
- Training station Identification
- Selection of Exercises
- Exercises Info

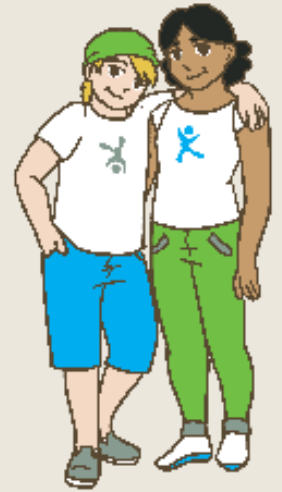


- First, we practiced being a guide for a blind person and **what it would be like being blind** as our eyes were covered and other person was leading and guiding us in the space with small obstacles.  
Next, we played one form of a dodgeball, again our eyes covered. There was a guide in both teams, who helped the players for example to throw the ball to the right direction.  
Last we had another target game, where different sizes of target baskets had been made from recycled materials. The baskets were placed on different distances and you could collect points depending which basket you could throw the ball (or other item) in. Each basket was different size and contained different kind of articles that made a different kind of sound when the target was hit. Trying the activities **made us realize, how important it was to use hearing sense and in what ways the surrounding space could be introduced to the blind person. It also gave examples, how blind people and people with vision can work together in the games presented.**





# ELDERLY







VILLAGES ON MOVE NETWORK

# Welcome!

[www.villagesonmove.com](http://www.villagesonmove.com) .

