

Sport for All

Objective (s):	Please indicate which, if any, of the following fall among the main objectives of the initiative: <ul style="list-style-type: none"> • Ensuring no one is left behind (advancing empowerment, inclusiveness and equality through sport) • Eradicating poverty and promoting prosperity • Safely harnessing sport for sustainable development, peace and well-being in the context of the COVID-19 pandemic, including through the use of technology.
Situation	Low physical activity of the general public and negative consequences of COVID-19 on people's lifestyle, as well as their physical and mental health.
Implementation mechanisms	<p>The project unfolds in spring once the weather gets more suitable for open-air activities. Each weekend various sports activities were organized in one of the popular parks of the city transforming it into a center for physical activity.</p> <p>Throughout the project, participants could freely join the workshop-style trainings held by the professional coaches invited from respective specialized sports organizations. Workshops are generally organized till late September, depending on weather conditions.</p>
Target audience:	The initiative is aimed at involving the general public, including youth and elderly depending on the type of sport chosen for the week, in sport and physical activity.
Partners/Funding:	The Ministry of Youth and Sport being the main initiator of the project, acts as a leading institution involved in the organization and funding of the project. Moreover, each week respective Sports Federation sources qualified coaches and specific equipment as well as workshop plan needed.
SDG Alignment:	SDG 3: Good Health and Well-being, by facilitating physical activity and promoting both physical and mental well-being
Alignment with global frameworks:	While introducing the general public to various sports and emphasizing the importance of regular physical activity, this project fosters the formulation of an active society that values a culture of regular exercise. Also considering that, it engages people of all ages and abilities in group physical activities, the project aligns with WHO Global Action Plan objectives №1 and №3.
Alignment with United Nations Action Plan on SDG:	3. Resource mobilization, programming and implementation

<p>Outcomes:</p>	<p>The project is expected to positively contribute to society on both individual and community levels.</p> <p>On an individual level, increased physical activity generally contributes positively to health, both physically and mentally. During the project, participants try various sports, personally experiencing them and as a result, are more likely to adopt an active lifestyle thanks to the motivation gained from firsthand experience. Additionally, the project encourages participants to engage in physical activity during the post-COVID-19 rehabilitation process, potentially aiding in recovery from the physical and mental impacts of the virus.</p> <p>On a community level, the project raises public awareness about the importance of physical activity for health by making sports readily accessible. This accessibility, along with the project's publicity efforts, fosters the development of more inclusive and supportive communities.</p>
<p>Mechanism for monitoring and evaluating implementation:</p>	<p>During the project, the social media channels of the involved organizations are regularly checked for feedback along with reflections of participants.</p>
<p>Challenges/lessons learned:</p>	<p>Considering that the format of the project requires it to be an open-air public venue to involve more people, the weather was one of the main challenges to the project. Moreover, the overlapping schedules of coaches and competitive sports events created additional difficulties for planning of the project.</p> <p>Through the project, we concluded that having the pre-determined schedule and venue for each stage/workshop of the project long before the actual date could create additional hustle if anything changes closer to the event date. So it is overall better to have a general agreement on the organization of certain different workshops for a wider period of time, and closer to the date decide to which one to host.</p>