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2nd Press release

Project: Let's warm up the climate for sport - Milestone 2 - Let's start moving to cool the climate!!!

Second meeting (virtual), Thursday 14 and Friday 15 January 2021

The partners of the project “Let's warm up the climate for sport” (<https://www.equilibrisostenible.eu/projects.html>) met virtually for the Milestone 2 of the Sustainability Roadmap for Skills: “let's warm up to cool the climate”, during which the Partner Organizations kept on working on the specific environmental issues identified in the previous project phases, concluding that climate change and the carbon footprint, along with the waste generation during sport events and in general during sport practice, as well as air and ocean pollution, are the most relevant environmental issues that can be leveraged to engage and motivate, especially inactive people, to practice more sport or be more physically active. Originally planned to take place in Sofia (Bulgaria), at the end of September 2020, it's been held in video-conferencing due to the persisting covid-19 Emergency, Thursday 14 and Friday 15 January 2021.

The project, co-financed by the Erasmus+ program of the European Union, has been conceived and is implemented by the following Partner Organizations: EquiS – Equilibri Sostenible (Project Applicant and Coordinator, Spain), Darko Athletics Team (Bulgaria), International Olympic Truce Centre (Greece) and the Universitatea Dunarea de Jos Din Galati (Romania).

During this 2nd milestone the Participants exchanged their analytical work on the good practices based on the following topics:

- state of the art, in every Partner's reference context, as regards physical activity and inactivity: citing official data where available, policies and strategies to increase activity rate;
- perspectives and ideas as regards possible concrete strategies to lever sustainability towards increased physical activity rates, especially to the benefit of inactive people;
- maps of the professional qualifications required for instructors or other professionals in some sport fields relevant for the Partners;
- how it is possible to embed environmental sustainability within the identified professional qualification frameworks.

The meeting has also been the opportunity to share some concrete initiatives each Partner Organization is already implementing within their on-going operations, namely: Darko Athletics Team is active in the implementation of Plogging events in the hills surrounding Sofia, while taking action to minimize wastes originated by disposable plastic bottles during sport practice and events, promoting the use of



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personal bottles. On the same token, the Universitatea Dunarea De Jos Din Galati is engaged in a project for the realization of a bicycle lane in the town of Galati (Romania), where they are based, to promote sustainable transport and the International Olympic Truce (Greece) is implementing the United Nations Sustainable Development Goals as the backbone of all its on-going and upcoming initiatives. EquiS - Equilibri Sostenibile, for its part, is keeping on to carry out its outdoor activities to the benefit of families, promoting the knowledge of indigenous flora and fauna, as a means to protect and valorise local cultural and natural heritage.

The Partner Organizations have shared the view on several topics relevant to the concept and development of some basic environmental toolset to the benefit of professionals in the sport/physical activity fields at all levels. On the one hand, the importance of designing sport/physical activities, where the environment plays a crucial role, it is important to take into account and gain notions connected to some environmental essential concepts, along with knowledge of the environment closest to us. Seemingly, some specific topics, such as for instance: use of sport materials and equipment connected to environmental criteria (use, re-use and recycling), improvement of recycling in sport clubs and implementation of actions to reduce the carbon footprint, while increasing the attention towards physical activity and mobility, both on a daily basis, as well as in general in relation to longer trips to take part to sports events.

The virtual meeting has been a good opportunity to move on with the exchange of good practices, as well as to sharpen a common cultural and operational framework among all the Partners for the works ahead, discussing in particular the upcoming 3rd transnational project meeting in Athens (Greece) as well as the 4th meeting and pilot event in Barcelona (Spain) planned in summer/fall of 2021, helping to establish a collaborative and enthusiast spirit of promotion of the environmental values within sport and physical activity, as a way to engage and attract more and more inactive people.

Project Let's warm up the climate for sport (WARM-UP)

Project coordinator: EquiS-Equilibri Sostenibile

www.equilibrisostenibile.eu/projects.html

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Pictures of the 2nd meeting



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meet.google.com/rpb-xgsh-ukg

EquiS Equilibrî Sostenibile sta presentando

DARKO TEAM
ЛЕКА АТЛЕТИКА ЗА МАМА И ГОЛЕМИ

- ★ Because of the age restrictions we started practice groups with the **parents of the kids**
- ★ In occasion of the international **Mo ther's Day** we made a practice with the kids and their mothers
- ★ We have practice to organise **hikes in the mountains** for the whole family
- ★ **Halloween** was very fun for the kids in our club this year as our coaches were dressed up in funny costumes, as well as the kids.



Dettagli riunione

EquiS Equilibrî Sostenibile sta presentando

08:47 14/01/2021

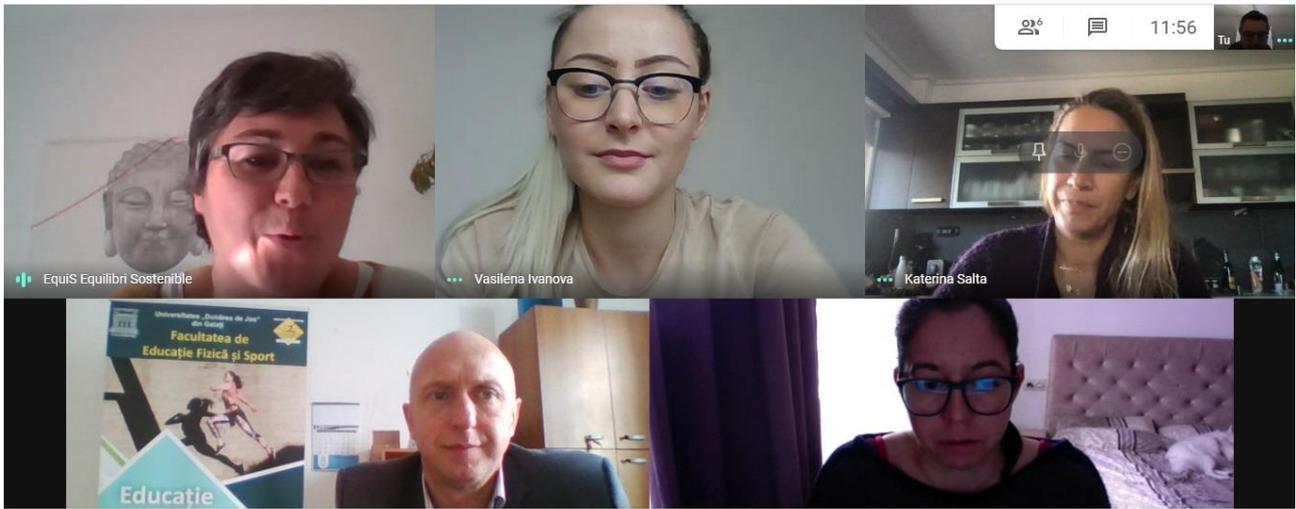
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EquiS Equilibrî Sostenibile

Vasilena Ivanova

Katerina Salta



Dettagli riunione

Presenta ora

11:56 14/01/2021



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Gabriel Talaghir sta presentando

09:42

GRACIAS БЛАГОДАРЯ
ΕΥΧΑΡΙΣΤΩ
THANK YOU!
MULTUMESC!

Dettagli riunione

09:42
14/01/2021

The image shows a Google Meet interface. At the top, there are browser tabs for 'Posta in arrivo - franco.diandrea', 'Microsoft Word - Project2_progr', 'Meet - rpb-xgsh-ukg', and another 'Microsoft Word - Project2_progr'. The address bar shows 'meet.google.com/rpb-xgsh-ukg'. The main content area displays a presentation slide with the text 'GRACIAS БЛАГОДАРЯ ΕΥΧΑΡΙΣΤΩ THANK YOU! MULTUMESC!' in various colors. The slide is shown within a Microsoft PowerPoint application window. On the right side, there is a list of participants: Gabriel Talaghir (presenting), Carmen Alexandrac..., EquiS Equilibri Sost..., and Gergana Petkova. At the bottom, there are icons for microphone, video, and chat, along with the text 'Dettagli riunione' and a system tray showing the time '09:42' and date '14/01/2021'.