

# ESTONIA – COUNTRY INSIGHT

## 01 NATIONAL STRATEGIES

Title of strategy	Year	Author	Themes
The general principles of the Estonian sports policy until 2030	2015	Decision of the Riigikogu - prepared by Ministry of Culture and Sports Organizations	Input for the Government of the Republic in order to prepare the development plan of sports and the respective implementation plans/Themes: Increase physical activity education and habits among the population, assess and develop sport's impact on the economy and on employment, Fair-Play, develop infrastructures, Health & Well-Being (also mental health, quality of life).

Other governing bodies : OC Estonia, central Government

## 02 PRACTICAL INITIATIVES

Title of strategy / event / programme / campaign	Year	Author	Short description
<b>Health &amp; Wellbeing</b>			
Campaign - "EOK is coming to school"	Since 2010	OC Estonia	Promotes physical activity in schools

Campaign - Movement makes you alert	Since 2016	OC Estonia	Importance of a healthy lifestyle, being active, financial support for mobility projects within local communities, infrastructures
Campaign - EV100 : "For the whole of Estonia - Let's give Estonia a hundred days of movement!"	Since 2018	OC Estonia	Make the population move 100 days/year
Campaign - Workplace Sports Month	Since 2017	OC Estonia	Invites people to move around the workplace or with colleagues, and encourages employers to create mobility opportunities for their employees
<b>Social Inclusion</b>			
LIISU	Since 2019	OC Estonia	Training program for PE teachers, who live in the Eastern-Estonia, where majority of the people are native-Russian speakers
<b>Play &amp; Physical Literacy</b>			
Schools in Motion	2016	Tartu University	Focus on designing a school culture that supports physical activity during the school day, includes active travel, lessons and recess time both indoors and outdoors, and school events.