

PORTUGAL – COUNTRY INSIGHT

01 NATIONAL STRATEGIES

Title of strategy	Year	Author	Themes
National Sports for All Programme	2014	Portuguese Institute of Sport and Youth	Active Cities, Community and Volunteering, Education, Environment, Gender Equality, Health & Wellbeing, Play and Physical Literacy, Social Inclusion
National Plan for Ethics in Sports	2015	Portuguese Institute of Sport and Youth	Peace Development and Partnership
Plan for Gender Equality	2017	Portuguese Institute of Sport and Youth	Gender Equality,

02 PRACTICAL INITIATIVES

Title of strategy / event / programme / campaign	Year	Author	Short description
Community & Volunteerism			
Programme "Sport-Friendly Municipality"	2016	Portuguese sports management association and the social city platfor	This award highlights the sports, environmental and solidarity values of organizations, facilities, events, and programs and assume itself as a sharing network which privileges the monitoring, recognition and dissemination of good practices in the municipal scope of sports development in Portugal

Project "Cycling Ageless"	2018 - 2021	Pedalar Sem Idade - Associação de Apoio à 3ª Idade	Bicycle tours adapted for the elderly and people with reduced mobility, provided by volunteer riders. We are part of the international Cycling Without Age movement present in 50 countries worldwide
Programme "Up Again Senior"	2019	Polytechnic Institute of Beja	Provides a regular sports practice, with the goal of promoting health, focusing in preventing falls, maintaining healthy lifestyles, and increasing knowledge about the benefits of physical exercise. It is intended for elderly people from the countryside.
Programme "Mama & Memo Move"	2017 - 2012	University of Beira Interior	Inclusion in specific exercise programs of breast cancer survivors and individuals who have a diagnosis of mild cognitive impairment or dementia at an early stage
Programme "Mais Ativos, Mais Vividos"	2017	Faculty of Sports of University of Porto	Implement physical exercise programs in the senior population in order to promote health and healthy lifestyles, social inclusion of elderly people in disadvantaged situations.

Environment

Volkswagen Race	2019	HMS Sports	Distribution of edible water bags at hydration stations during the race, aiming to reduce the plastic waste.
Programme "Support for the acquisition of bicycles in the Municipality of Lisbon"	2020-2021	Municipality of Lisbon	Encourage everyone to adopt the bicycle for individual transport and school mobility, to promote a more sustainable mobility.
Paiva Walkways	2015	Municipality of Arouca	Nature tourism is concerned with responsible environmental behaviours, which promotes environmental education and equity

between generations, based on a sustainable development model and seeking to improve the quality of life of the local populations.

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Health & Wellbeing			
Programme "Up Again Senior"	2019	Polytechnic Institute of Beja	Provides a regular sports practice, with the goal of promoting health, focusing in preventing falls, maintaining healthy lifestyles, and increasing knowledge about the benefits of physical exercise. It is intended for elderly people from the countryside
Programme "Mama & Memo Move"	2017 - 2021	University of Beira Interior	Inclusion in specific exercise programs of breast cancer survivors and individuals who have a diagnosis of mild cognitive impairment or dementia at an early stage.
Programme "Mais Ativos, Mais Vividos"	2017	Faculty of Sports of University of Porto	Implement physical exercise programs in the senior population in order to promote health and healthy lifestyles, social inclusion of elderly people in disadvantaged situations.
App "Go4Training - GO4T"	2018 - 2021	Faculty of Human Kinetics	Integrated online professional training program (eHealth) for the prevention of sarcopenia, frailty, and falls, with muscle performance deficits being a common determinant. These are conditions with a severe impact on the individual, family, and society whose identification and prevention requires urgent intervention.

Social Inclusion			
Project "Street Football"	2004 - 2021	CAIS Association	Promotes the access to sport and training tools, in the development of personal and social skills, indispensable for social inclusion, with a weak target audience.
Project "Active Life School"	2013 - 2021	APCAS - Almada Seixal Cerebral Palsy Association	Promotes active and healthy lifestyles, inclusion, and quality of life through regular practice of physical activity for all, from a transversal and intergenerational perspective, with a special focus on people with disabilities and seniors.
Project "Gymnastics with Everyone"	2013 - 2020	AAPACDM and Algarve Gymnastics Association	This is a truly inclusive initiative and an example of cooperation and complicity between people with disabilities and/or limitations.
National Sport for All Program	2014	Portuguese Institute of Sport and Youth	This program is a global structure measure that aims to support sports programs to generalize the sports practice, in an informal way, recreational or in a competitive level (non-federated), understood as an activity of high relevance in the training and development of the citizens and society in general.
Active Cities			
Programme "Support for the acquisition of bicycles in the Municipality of Lisbon"	2020 - 2021	Municipality of Lisbon	Encourage everyone to adopt the bicycle for individual transport and school mobility, to promote a more sustainable mobility.

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Education			
Programme "Sports without Bullying"	2016 - 2021	Faculty of Human Kinetics	Research/action project that sensitizes the educational and sports communities about bullying in sports training, promoting direct intervention through 3 fundamental strategies - creation of tools (guidelines and manuals), training of coaches and specialized intervention in clubs (with consultancy actions) or development and implementation of Anti-Bullying plans).
Gender Equality			
National Sport for All Program	2014 - 2021	Portuguese Institute of Sport and Youth	This program is a global structure measure that aims to support sports programs to generalize the sports practice, in an informal way, recreational or in a competitive level (non-federated), understood as an activity of high relevance in the training and development of the citizens and society in general.
Programme "One Club Fits All"	2009 – 2018	Boys Just Wanna Have Fun Sports Club	Promotion of inclusive sport, particularly among the LGBTI+ population. Create conditions for regular sports practice, in a safe, inclusive, and non-discriminatory environment.
Plan for Gender Equality	2017	Portuguese Institute of Sport and Youth	Create conditions for the existence of equality between men and women that constitutes not only a right, but also a fundamental duty of any public body. Therefore, it is important to create initiatives promoting a daily and natural attitude of equality between

			men and women and truly existing on all levels of individual and collective life.
<p>“Guide for Local Integration of the Gender Perspective in Culture, Sport, Youth and Leisure”</p> <p>Within the scope of the project “Local Gender Equality”</p>	2016	Center for Social Studies of the University of Coimbra	Develop methodologies and tools for promoting gender equality and facilitating reconciliation between spheres of life, through local governance structures.
Peace Development & Partnerships			
National Plan for Ethics in Sports	2015	Portuguese Institute of Sport and Youth	Set of structured and planned initiatives, which aim to disseminate and promote the experience of the ethical values inherent in sports such as truth, respect, responsibility, friendship, cooperation
Play & Physical Literacy			
FitEscola	2018	Faculty of Human Kinetics; Directorate General of Education	The program provides educational resources for students, teachers, and families, in various fields of knowledge that result in the improvement of physical fitness and health. These resources promote learning and literacy in the context of healthy lifestyles with an impact on the regulation of behaviors such as physical inactivity, physical activity and diet, that are also an important contribution to involve, educate and inspire students, teachers and families to cultivate healthy behaviors.