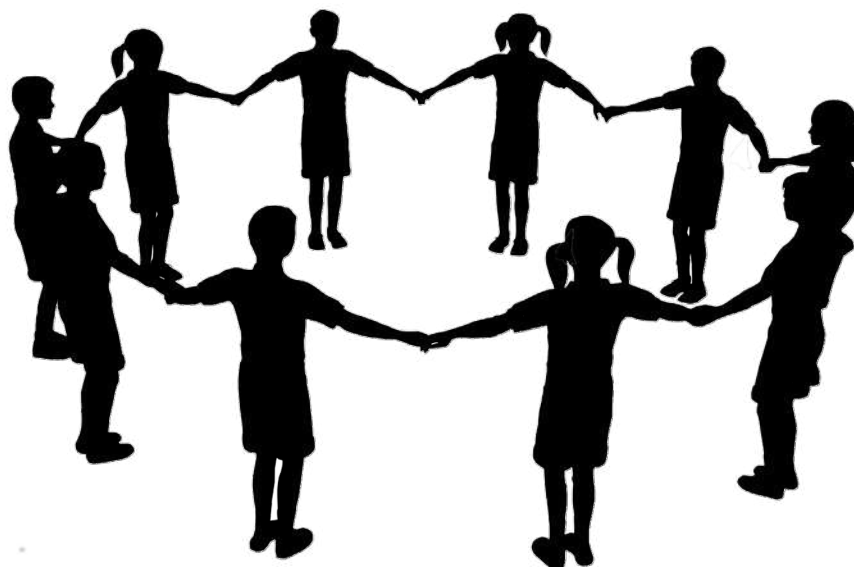




Funded by  
the European Union

# NON-COMPETITIVE ACTIVITIES



FOR INCLUSION

**AN OVERVIEW OF NON-COMPETITIVE ACTIVITIES  
IN FRANCE, SLOVENIA, CROATIA AND SPAIN**





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# INTRODUCTION:

The Erasmus + project, 2022-3-FR02-KA210-YOU-000092585 'Non-competitive activities for inclusion' is about the promotion and the development of creative, positive, inclusive and engaging activities for young people, that contrast with the traditional activities proposed in youth work.

By non-competitive activities, we mean recreational, leisure, or educational pursuits that are not focused on direct competition or rivalry between participants. These activities are typically engaged in for enjoyment, personal development, or skill-building rather than for the purpose of winning or outperforming others. In contrast to competitive activities where participants strive to outdo each other, non-competitive activities often emphasize cooperation, self-improvement, and personal satisfaction. These activities provide individuals with opportunities to relax, learn new skills, socialise, and enhance their overall well-being without the pressure of winning or losing.

Non-competitive activities can take various forms and our project focus on 4 domains:

- ✚ Circus pedagogy
- ✚ Dance
- ✚ Outdoor activities
- ✚ Cooperative games

The project involve 4 partners from 4 European countries:

[La Villa](#) from France



[Društvo CIK](#) from Slovenia



[Plesni Studio 3 V](#) from Croatia



[ACD La Hoya](#) from Spain



The goal of this document is to briefly present the situation of non-competitive activities in each partner country, assess the interest and needs of young people and youth workers with regard to non-competitive activities and present a few existing good practices of non-competitive activities for young people.





# FRANCE

## ASSOCIATION LA VILLA

### SITUATION OF NON-COMPETITIVE ACTIVITIES

According to the French national institute of statistics and economic studies ([INSEE](#)), in 2020, two out of three people said that they practised a physical activity or sport regularly.

Activities requiring little equipment or that can be done outside a club or structure were the most popular: 34% of people aged 15 or over regularly do gymnastics, dance or fitness, 25% walk, run or do athletics, 18% cycle or board sports. Less frequently, 9% of those aged 15 or over took part in racket or precision sports, water sports or team sports, and 3% in combat sports.

Taking into account all activities (including walking, swimming and relaxation), both regular and occasional, nine out of ten people have taken part in a physical or sporting activity at least once during the year. Health, well-being, pleasure and contact with nature top the list of motivations. However, these motivations are varied, and four typical profiles emerge: people who do sport for pleasure, who are older on average (36%); people who do sport primarily for their health, and who are often solitary (29%); the hard core of sportsmen and women, who practise intensively and two-thirds of whom are members of a club (20%); and the more occasional sportsmen and women, who are more often attracted by a taste for adventure and risk-taking, and who are more likely to come from disadvantaged social groups (15%).

At the cross road of arts and sports, **Circus pedagogy** is by definition non-competitive. In this field, France has a long history of developing this activity with the creation in 1988 of the National Federation of Circus Schools, later renamed [French Federation of Circus Schools](#). In 2004, the official qualification evolved and separated schools' approaches as "amateur practice" and "training centre" and in 2010 the Ministry of Education signed the charter to express the desire to encourage the discovery of the circus arts in schools.



**Outdoor activities** have always been popular in France, but hiking, exploring nature trails and enjoying the outdoors at a comfortable pace without the need for speed or competition, has confirmed its position as the most popular sport in France. According to a national survey carried out in December 2021 by the French Hiking Federation ([FFRandonnée](#)), 56% of French people, i.e. 27 million people over the age of 18, said they had taken up hiking and leisure walking

in the last 12 months, ahead of cycling (34%) and swimming (30%). This survey revealed a very significant increase in the number of people who went hiking since the last survey conducted in France in 2014 (37%, or 18 million people aged 18 and over): a popular craze that clearly confirms the support of French people for this sport (57% of men, 55% of women), making it the most popular physical and sporting activity practised by the French. This phenomenon has also gained momentum since the health crisis, reflecting strong aspirations to reconnect with nature, to practise a sporting discipline in the open air and to favour France as a destination. 46% of hikers say they hike or go for a walk at least once a week: so, contrary to fashion, hiking is a sporting activity that is firmly rooted in French people's lifestyles.

In France, **Board Games** have enjoyed a remarkable rise in popularity over the last few decades. Unlike other leisure activities that have suffered from economic crises, [board games](#) have maintained growth over the last 30 years. It is a phenomenon that has gained in popularity and reached a wide audience, far surpassing the image of an activity reserved for children. One of the most striking trends in recent years has been the rise of **cooperative board games**.



These games encourage players to work together rather than fighting against each other. They promote cooperation, communication and the development of common strategies to achieve a collective goal. Titles such as "Pandemic" and "Ghost Stories" were met with great success, offering players a unique collaborative experience that strengthens the bonds between participants.





In France, the joy of **Dancing** is deeply embedded in the cultural tapestry. People across the country come together to dance for pleasure, embracing various styles from the waltz to salsa. Social dance events, both structured and spontaneous, create opportunities for individuals of all ages to connect and revel in the sheer delight of movement. Whether at festive gatherings, cultural festivals, or regional dance showcases,

the French celebrate the art of dance as a form of unity and cultural expression, fostering a sense of joy that transcends generations and backgrounds.

There are many other examples of non-competitive activities which have gained popularity in the last decades, such as Yoga, art and craft, gardening, music jam sessions... The rise of such activities seems to be the desire to maintain physical and mental health, a desire for community, skill development, gaining a sense of achievement without having to compete against, and beat, another opponent, play, self-expression and creativity.

## YOUTH WORKER'S INTEREST AND NEEDS FOR NON-COMPETITIVE ACTIVITIES

End of the year 2023, we sent a survey to youth workers in each of the partner country of the project (France, Slovenia, Croatia and Spain) in order to understand the level of interest and needs for non-competitive activities of youth workers. The complete breakdown of answers is available in annex.

For France, the results of the survey and analysis of existing statistics revealed the following facts:

Most respondent (91.7%) were over 31 years old and 66.7% of them were female. The geographical repartition of the respondent was fairly equal between big city, small town and countryside village.

Most (41%) respondent declared that they know a good deal about non-competitive activities (4 out of 5) and 33.3% declared having some knowledge (3 out of 5)

All of them declared using and organising non-competitive activities in their youth work. 66.7% of them even declared that they do not organise competitive activities at all. And out of those who do, the proportion of non-competitive activities was still superior to competitive activities.

All of them declared that non-competitive activities are useful in their youth work.

They thought the biggest benefits are the potential for personal development and the least important benefit is physical activity (still 50% deemed it important).

41.7% of the respondent declared having enough knowledge of non-competitive activities and 58.3% were not sure.

83.3% declared wanting to incorporate more non-competitive activities in their youth work, wanting to participate in a training course on the topic, and would be interested in a pedagogical manual on the subject (16.7% declared maybe).

All in all, the survey revealed that French youth workers are aware of the concept of non-competitive activities and are aware of its benefits and use in youth work. Nonetheless, the survey revealed that despite this high awareness and knowledge, youth worker would benefit from more training and more material on the subject.

## GOOD PRACTICES OF NON-COMPETITIVE ACTIVITIES FOR YOUNG PEOPLE

### ASSOCIATION L'ARROSOIR FROM PAU



Within universities, It is common for students to create non-profit organisations. At the Université de Pau et des Pays de l'Adour (UPPA), there is one project created by students that is going since 2015: It is called ['L'arrosoir'](#).

The aim of this association is to present and showcase a model of gardening that is more respectful of the environment and the health of men and women. L'Arrosoir is cultivating its shared, intergenerational garden, welcoming volunteers of all ages and backgrounds. The aim is to (re)discover nature as a source of nourishment, by offering a wide range of gardening experiences to novices and experienced gardeners alike.

Driven by the hard work and commitment of volunteers, the garden has seen the birth of a number of permacultural experiments, and has witnessed many encounters based on simple, essential things. Spaces to sit, read and have lunch have been created so that passers-by can stop off, meet up and come back again.

On top of maintaining a space where people meet, discuss and work together to develop the garden, the association enables many people, especially students, to eat well without breaking the bank and save time. The association and the head gardener, Stéphane, are offering



vegetable baskets to fill up on organic and local vegetables as well as eggs, honey, apples, kiwis or juice delivered directly to the Pau campus.

The activities of this organisation are non-competitive by nature:

Participants have a personal interest and motivation, for example, learning to grow and nurture plants in the most efficient and eco-friendly way, taking pride in the beauty and success of the garden, harvesting their own vegetable... But the project also foster collaboration and team work as everyone contribute their time, skills, knowledge to the common goal of creating a productive garden for all. The common efforts to create a friendly place to meet, share, learn, and experiment benefit anyone who wants to learn the secrets to be a good natural gardener. The practical example of the garden for everyone to see raise awareness about the fact that 'local' means quality, savings and ecology. The garden, maintained by volunteers, produces fruits and vegetables all year round and anyone is welcome to harvest in reasonable amounts. Far from traffic, in touch with nature, the garden is a place of peace and quiet. It's a space to rest and unwind. It is everyone's responsibility to make the garden a warm and friendly space and when everyone behave responsibly, everyone benefits.

The association's major strength is its network of partners throughout the region. Whether it's other shared gardens, urban ecological associations, institutional services, local producers, commercial players or participatory workshops, this network, which was initiated at the very start of the association, continues to grow.

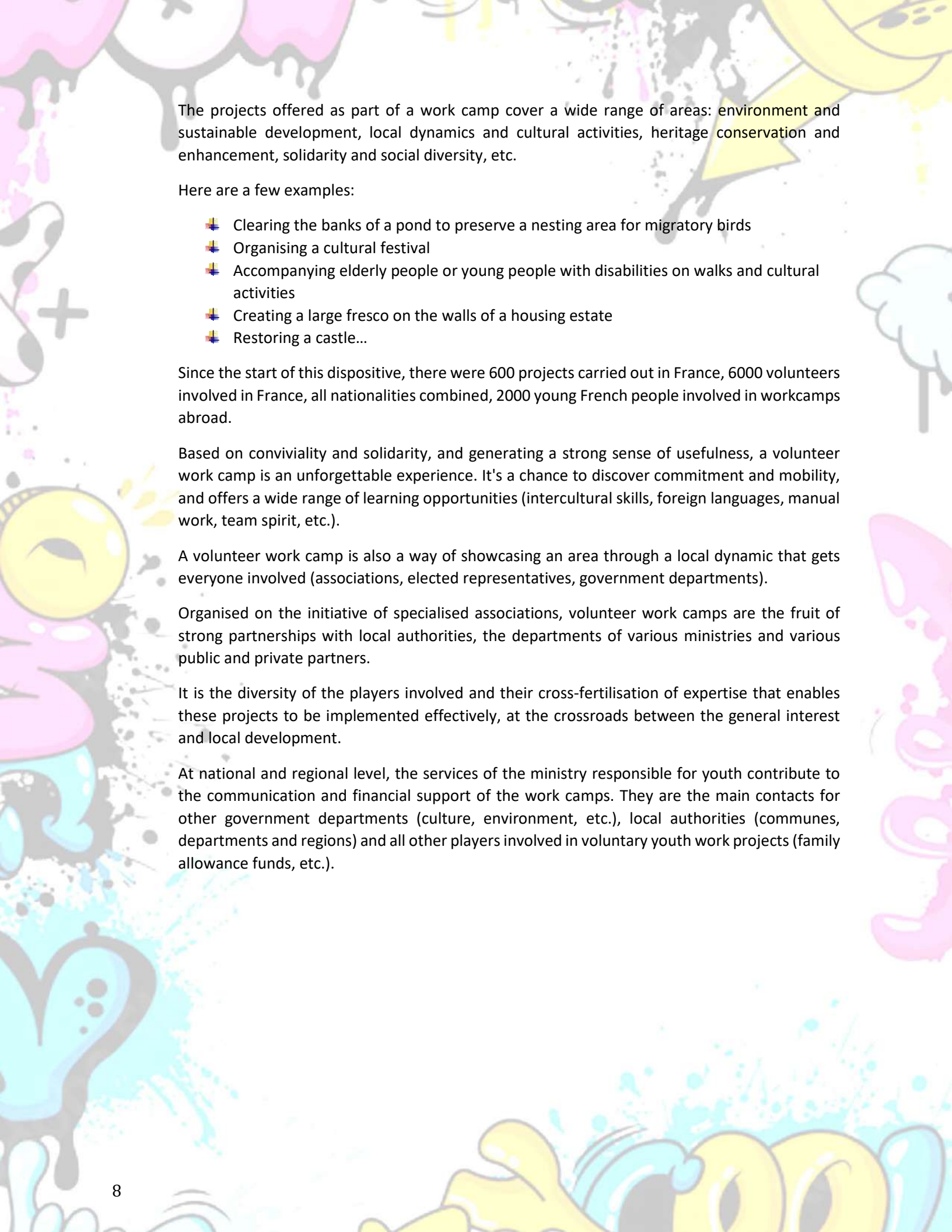
## NATIONAL EDUCATION AND YOUTH MINISTRY, VOLUNTARY YOUTH WORK CAMPS



In France, the National Education and Youth Ministry (Ministere de l'Éducation Nationale et de la Jeunesse) organise and supports [youth volunteer work camp](#) (chantier participatif).

Youth volunteer work camps offers voluntary work experience in France and abroad. This scheme brings together young people from all backgrounds to work on a [project](#) that is of benefit to the community.

All young people are welcome to take part for between two and three weeks, without having to have any previous skills or experience, in a project to enhance and promote the local area.



The projects offered as part of a work camp cover a wide range of areas: environment and sustainable development, local dynamics and cultural activities, heritage conservation and enhancement, solidarity and social diversity, etc.

Here are a few examples:

- ✚ Clearing the banks of a pond to preserve a nesting area for migratory birds
- ✚ Organising a cultural festival
- ✚ Accompanying elderly people or young people with disabilities on walks and cultural activities
- ✚ Creating a large fresco on the walls of a housing estate
- ✚ Restoring a castle...

Since the start of this dispositive, there were 600 projects carried out in France, 6000 volunteers involved in France, all nationalities combined, 2000 young French people involved in workcamps abroad.

Based on conviviality and solidarity, and generating a strong sense of usefulness, a volunteer work camp is an unforgettable experience. It's a chance to discover commitment and mobility, and offers a wide range of learning opportunities (intercultural skills, foreign languages, manual work, team spirit, etc.).

A volunteer work camp is also a way of showcasing an area through a local dynamic that gets everyone involved (associations, elected representatives, government departments).

Organised on the initiative of specialised associations, volunteer work camps are the fruit of strong partnerships with local authorities, the departments of various ministries and various public and private partners.

It is the diversity of the players involved and their cross-fertilisation of expertise that enables these projects to be implemented effectively, at the crossroads between the general interest and local development.

At national and regional level, the services of the ministry responsible for youth contribute to the communication and financial support of the work camps. They are the main contacts for other government departments (culture, environment, etc.), local authorities (communes, departments and regions) and all other players involved in voluntary youth work projects (family allowance funds, etc.).



# CROATIA

## PLESNi STUDIO 3 V

### SITUATION OF NON-COMPETITIVE ACTIVITIES

We used Google Forms for local surveys, we have compiled data from Croatia regarding non-competitive activities. We surveyed 41 individuals with diverse backgrounds. All participants have either served as youth workers or plan to do so in the foreseeable future.

The majority of non-competitive activities in which the surveyed group engaged were of a sporting or outdoor nature, with only a minority participating in art-related activities.

The survey summary indicates that the majority of the group has participated in non-competitive activities, primarily during leisure time and informally with friends or family. Another significant source of participation is the educational system, particularly organized school activities, both extracurricular and regular. This underscores the pivotal role of the educational system in fostering opportunities for youth worker professions in the right environment.

Beyond general participation, a considerable portion of the surveyed group expressed a strong sense of inclusion while participating in non-competitive activities. This suggests a heightened level of social inclusion and camaraderie resulting from engagement in or organization of non-competitive activities, potentially yielding significant social and emotional benefits.

A prevalent sentiment among the surveyed group is the positive impact of non-competitive activities, encompassing stress relief, personal growth, enhanced self-expression, and physical well-being. A more detailed breakdown of these findings is available in the comprehensive survey results and statistics.



In conclusion, these benefits indicate that non-competitive activities contribute to individual well-being in various ways, thereby aiding societal development collectively, as positive outcomes from numerous individuals yield a collective positive result. This underscores the potential of non-competitive activities to enhance fundamental societal values, including the economy, by facilitating networking opportunities with individuals of similar capabilities, potentially leading to new ideas and business ventures.



Despite the widespread agreement on the positive nature of non-competitive activities, the surveyed region lacks ample opportunities for participation, as revealed by the survey results. In this regard, the majority aligns on a perception of a mediocre or even below-par availability of opportunities for non-competitive activities. This finding implies a need for substantial improvements in Croatia's infrastructure and recreational foundations to enhance this aspect of well-being. Ninety-two percent of the surveyed group rated the variety of non-competitive activities at most mediocre, solidifying the aforementioned statements.

## YOUNG PEOPLE'S INTEREST AND NEEDS FOR NON-COMPETITIVE ACTIVITIES



The data suggests that young people, particularly those aged 22-30, are interested in non-competitive activities and recognize their potential benefits. However, there are gaps in knowledge, awareness, and access to such activities, which can be addressed by "non-competitive activities" projects. These projects should target small towns and rural areas, educate young people about the benefits, create diverse and accessible channels for participation, and emphasize the inclusivity and positive social aspects of non-competitive activities. With the right approach, these projects can cater to the preferences and needs of young people in the region, fostering personal growth, well-being, and a sense of belonging.

The data shows a significant concentration of young people in the age groups of 22-25 (40%) and 26-30 (32%). This implies that the project should be tailored to appeal to this demographic, addressing their unique needs and interests.

The majority of respondents (80%) live in small towns, while 20% reside in big cities. Notably, there are no respondents from villages, suggesting a potential urban-rural gap in access to non-competitive activities. The project can focus on addressing this disparity by promoting and organizing activities in rural areas.

The data shows that knowledge about non-competitive activities is relatively low, with a majority of respondents rating their knowledge between 1-3 on a scale of 1 to 5. This highlights the need for educational initiatives and awareness campaigns about the benefits of non-competitive activities.

The data shows that a significant portion of respondents has engaged in non-competitive activities, with around 50% participating in activities such as playing music with friends and bicycle rides, and 24% creating performances. However, more structured activities like circus activities and yoga/meditation/thai chi workshops have lower participation rates, at 8% and 24% respectively. This suggests an interest in such activities that could be further developed and promoted.



The data indicates that 64% of respondents prefer competitive activities, while 36% prefer non-competitive activities. This shows that there is interest in non-competitive activities, and efforts should be made to expand their appeal.

The data reveals that 52% of respondents believe there is a moderate variety of organized non-competitive activities where they live (rating 3). This suggests that there is room for expansion and diversification in the range of available activities.



The data shows that competitive activities are not dominant, with 24% of respondents participating often (rating 3 on a scale of 1 to 5). This suggests that non-competitive activities could find their place in the lives of these young people as an alternative to competitive events.

Schools seem to be a significant hub for non-competitive activities, with 60% of respondents participating in these activities at school. This information indicates that schools are a potential partner for promoting non-competitive activities. Only 4% mentioned extracurricular activities and workshops as locations for participation, suggesting the need to expand access to these activities through more diverse channels.

During competitive activities, respondents generally feel less included, with the majority rating their inclusion at levels 1-3. In contrast, during non-competitive activities, a larger proportion (72%) feel included (rating 4-5). This highlights the potential for non-competitive activities to foster a sense of belonging and community.

A significant proportion (84%) believes that non-competitive activities are highly beneficial (rating 5). This highlights the positive perception of non-competitive activities among young people and underscores the potential for their widespread adoption.

The majority of respondents (60%) recognize that non-competitive activities can be beneficial for various aspects, including personal growth, mental well-being, self-esteem, enjoyment, skill development, social connection, and self-expression. However, there is room to further emphasize the benefits of creativity and physical well-being.

## YOUTH WORKER'S INTEREST AND NEEDS FOR NON-COMPETITIVE ACTIVITIES

The data paints a picture of an eager but potentially under-equipped youth workforce. While there is enthusiasm for non-competitive activities and a recognition of their value, there are clear gaps in knowledge, resources, and organizational capacity. These gaps include limited awareness, insufficient training, and the need for accessible pedagogical materials.





A "non-competitive activities" project at the national and regional levels could fulfil these needs by providing training, creating pedagogical manuals, and increasing awareness about the benefits of non-competitive activities. Additionally, such a project could focus on addressing the urban-rural gap, ensuring that young people in villages and small towns have equal access to non-competitive activities. Ultimately, the project can serve as a catalyst for personal growth, mental well-being, and skill development, fostering a more holistic approach to youth work.

Youth workers aged 21-30 form the largest age group, followed by those above 40. This indicates that a significant portion of the population involved in youth activities falls within these age ranges.

A majority of respondents (93.8%) live in small towns, while only a small fraction (6.2%) reside in villages. There are no respondents from big cities, suggesting a potential urban-rural gap in access to non-competitive activities.



A majority of youth workers rate their knowledge about non-competitive activities between 1-3 on a scale of 1 to 5. This suggests a need for education and awareness-building around non-competitive activities.

Over half (56.3%) of the youth workers surveyed organize non-competitive activities, such as circus workshops, hiking, and cooperative games. However, a significant portion (43.7%) do not. In contrast, a higher percentage (62.5%) organize competitive activities.

Nearly a third (31.3%) of youth workers feel they have enough knowledge to organize non-competitive activities. An equal proportion (31.3%) feel they do not, while a significant portion (37.4%) is unsure. This indicates a need for training and resources to empower more youth workers to engage in non-competitive activities effectively.

A substantial 81.3% of youth workers express a desire to incorporate more non-competitive activities into their work. This reflects the enthusiasm for expanding the role of non-competitive activities in youth programs.

The majority of youth workers (68.8%) organize non-competitive activities to some extent. While this is promising, it leaves room for growth, and the data suggests that these activities are not a primary focus for most.

A unanimous 100% of respondents believe that non-competitive activities are useful in youth work. Furthermore, they recognize the broad range of benefits such activities offer, from personal growth and mental well-being to skill development and physical benefits.

A high percentage (62.5%) of youth workers are interested in joining a training course related to non-competitive activities, and a similar proportion (62.5%) is interested in receiving a pedagogical manual. This underscores the demand for resources and support in implementing non-competitive activities effectively.



# GOOD PRACTICES OF NON-COMPETITIVE ACTIVITIES FOR YOUNG PEOPLE

In Croatia, fostering the participation of young people in non-competitive activities is essential for their personal development and well-being. Some good practices that have been implemented to achieve this, along with the mechanisms, impact, and recommendations to further engage young people are Youth Cultural Centres and Outdoor Youth Camps.

To engage more young people, it is essential to raise awareness about the benefits of non-competitive activities through targeted campaigns and information sharing, develop and implement programs that cater to a diverse range of interests and abilities to ensure inclusivity, encourage youth involvement in the planning and decision-making processes of such activities to create a sense of ownership and empowerment, continuously evaluate and adapt programs to align with the evolving interests and needs of young people.

Ultimately, creating a culture that values and promotes non-competitive activities among young people in Croatia require ongoing collaboration between the government, NGOs, educational institutions, and the private sector.



Youth Cultural Centres have been established in various regions across Croatia through a collaborative effort between the government, local municipalities, and non-governmental organizations (NGOs). These centres offer a wide range of non-competitive activities, such as art exhibitions, creative workshops, music performances, and cultural events, which are organized and led by both

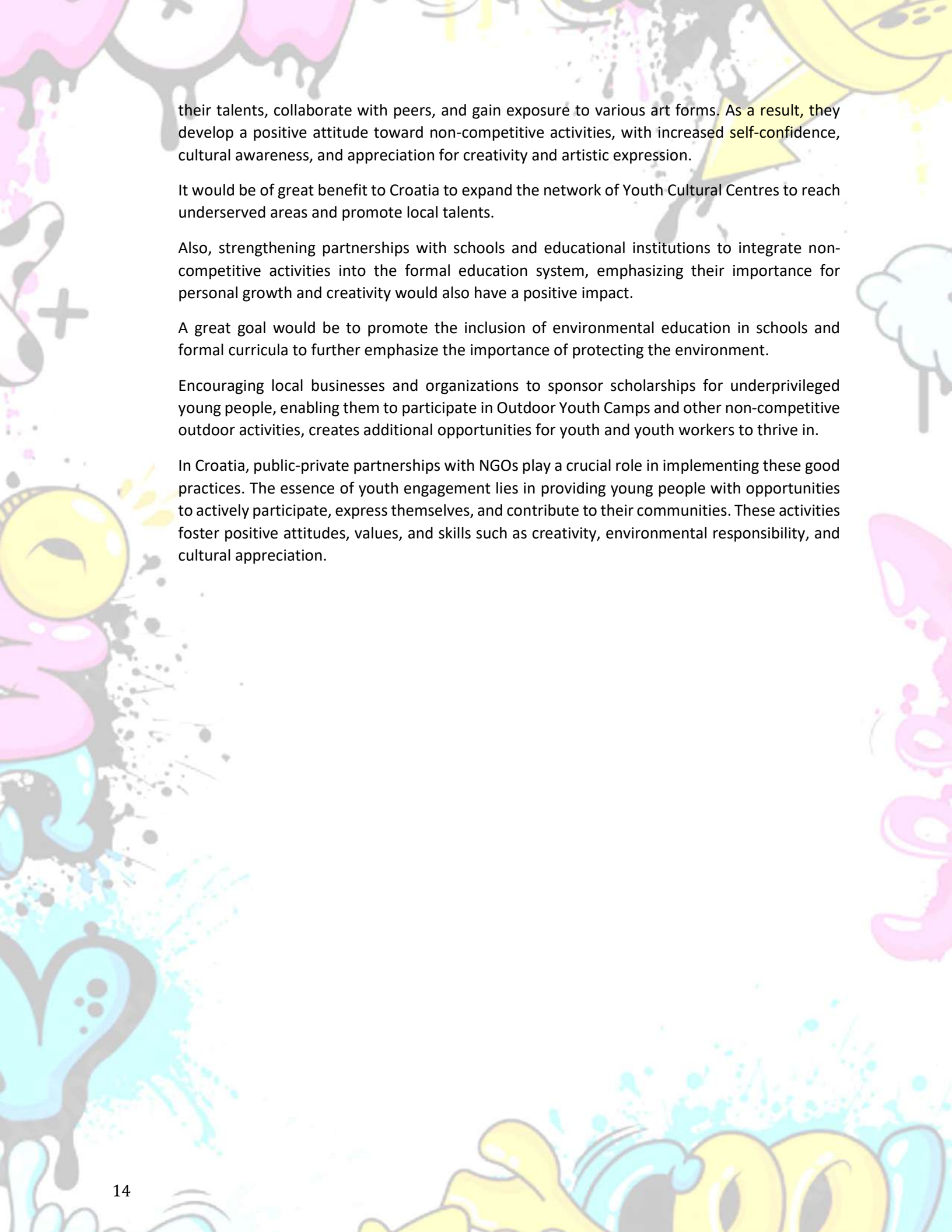
professional mentors and young volunteers. The centres also actively involve young people in the decision-making process and event planning.

Outdoor Youth Camps in Croatia are organized in collaboration with the government, local outdoor adventure companies, and environmental NGOs. These camps offer a unique opportunity for young people to engage in non-competitive outdoor activities such as hiking, camping, kayaking, and environmental conservation. The government provides subsidies to make these programs affordable for a wide range of participants.

Outdoor Youth Camps have significantly changed the mentality of young people in Croatia by reconnecting them with nature. Participants develop a sense of environmental stewardship and a deep appreciation for the natural world. They become more conscious of environmental issues and the need to protect and preserve Croatia's stunning natural landscapes. This projects a positive attitude towards non-competitive outdoor activities and instils values related to environmental conservation and sustainability.



The establishment of Youth Cultural Centres has been pivotal in changing the mentality of young people in Croatia. They provide a safe and inclusive space for creative expression and cultural exploration. Young people have the opportunity to showcase



their talents, collaborate with peers, and gain exposure to various art forms. As a result, they develop a positive attitude toward non-competitive activities, with increased self-confidence, cultural awareness, and appreciation for creativity and artistic expression.

It would be of great benefit to Croatia to expand the network of Youth Cultural Centres to reach underserved areas and promote local talents.

Also, strengthening partnerships with schools and educational institutions to integrate non-competitive activities into the formal education system, emphasizing their importance for personal growth and creativity would also have a positive impact.

A great goal would be to promote the inclusion of environmental education in schools and formal curricula to further emphasize the importance of protecting the environment.

Encouraging local businesses and organizations to sponsor scholarships for underprivileged young people, enabling them to participate in Outdoor Youth Camps and other non-competitive outdoor activities, creates additional opportunities for youth and youth workers to thrive in.

In Croatia, public-private partnerships with NGOs play a crucial role in implementing these good practices. The essence of youth engagement lies in providing young people with opportunities to actively participate, express themselves, and contribute to their communities. These activities foster positive attitudes, values, and skills such as creativity, environmental responsibility, and cultural appreciation.





# SLOVENIA

## DRUŠTVO CIK

### SITUATION OF NON-COMPETITIVE ACTIVITIES

Slovenia has embraced a progressive approach to youth engagement, emphasizing non-competitive activities as a cornerstone for personal development, social cohesion, and community enrichment. Recognizing the multifaceted benefits of these activities, various initiatives and projects have emerged, offering a diverse range of opportunities for young individuals to explore, create, and connect.

One noteworthy initiative is the [Collective for Development of Youth Culture](#). This organisation is a voluntary collective of young people whose aim is to stimulate and facilitate cultural initiatives related to alternative music and arts in a non-profit, non-commercial way. Events draw on voluntary work, enthusiasm and cooperation on concrete actions and projects and involve mostly young people who otherwise might not get a chance to perform and take part in events such as these.



The event '[Očistimo Slovenijo](#)', a national clean up of the entire country was very popular and attended by 270.000 people in 2010 and 289.000 people 2012 (about 14% of the population). This was a proof that Slovenian people want to engage in collaborative, collective action led by organised non-profit organisation.

Beyond these specific projects, the Slovenian Youth Council has played a pivotal role in advocating for non-competitive activities at a broader policy level. The council works collaboratively with government agencies, educational institutions, and non-profit organizations to create an ecosystem that supports and promotes the implementation of diverse non-competitive initiatives. This collaborative effort has led to the integration of non-competitive principles into youth programs, ensuring that young people across Slovenia have access to a wide array of activities that prioritize personal growth, inclusivity, and well-being.





The city of Ljubljana, as the capital and cultural hub of Slovenia, has been at the forefront of promoting non-competitive activities. The city, in collaboration with local cultural institutions, offers a vibrant space where young people can engage in a myriad of non-competitive cultural pursuits. From poetry slams to art exhibitions, the hub serves as a nexus for creative expression, encouraging young individuals to share their talents and perspectives in

an environment free from the pressures of competition.

In addition to these organized initiatives, grassroots movements have flourished, driven by passionate individuals and local communities. Community gardens, for instance, have become spaces where young people can participate in non-competitive agricultural activities, learning about sustainable practices and connecting with the land.

Slovenia's commitment to non-competitive activities for young people is further exemplified through its participation in international youth exchange programs. The European Solidarity Corps, an initiative of the European Union, has facilitated cross-cultural experiences for Slovenian youth, emphasizing collaboration and shared goals over competition. Through volunteering and community projects, young people from Slovenia have had the opportunity to work alongside their peers from different countries, fostering a sense of global citizenship and cooperation.

The success of these initiatives is, in part, due to the robust network of youth organizations operating across Slovenia. These organizations, such as the Association of Slovenian Youth Organizations, serve as advocates for non-competitive principles, providing resources, guidance, and a collective voice for the youth sector. By fostering collaboration among diverse stakeholders, these organizations contribute to the sustainability and growth of non-competitive activities for young people.



It's important to note that the landscape of non-competitive activities in Slovenia is dynamic, with new projects continuously emerging and evolving. The country's commitment to providing young people with diverse opportunities for growth, expression, and connection underscores a broader cultural shift towards prioritizing well-being and inclusivity in youth development.

The youth sector of Slovenia has emerged as a trailblazer in promoting non-competitive activities for its youth. Through a myriad of initiatives spanning arts, nature, technology, education, and community engagement, young people in Slovenia are provided with platforms to explore their interests, develop skills, and connect with others in environments that prioritize collaboration and personal growth. As Slovenia continues on this progressive path, the nation's youth are empowered to navigate the challenges of the modern world with resilience, creativity, and a strong sense of community.

# YOUNG PEOPLE'S INTEREST AND NEEDS FOR NON-COMPETITIVE ACTIVITIES

End of the year 2023, we sent a survey to young people under 30 in each of the partner country of the project (France, Slovenia, Croatia and Spain) in order to understand their level of interest and needs for non-competitive activities. The complete breakdown of answers is available in annex.

For Slovenia, the results of the survey and analysis of existing statistics revealed the following facts:

Most respondent were between 22 and 25 years old (33.3%) and the smallest age group represented was between 26 and 30 years old (13.3%).

Most were female (73.3%) and most live in the countryside (46.7%), a third in a small town and 20% in a big city.

76.7% declared knowing not so much about non-competitive activities (3 or less on a scale of 5).

The highest percentage of respondent declared having already gone on a hike with friends (90%), biking (70%) and played cooperative games (70%).

Most respondent declared participating in non-competitive activities outside an organised frame (83.3%), second-highest percentage in school (66.7%) and third in after school activities (63.3%).

83.3% declared not participating in competitions (3 or less on a scale of 5) but 70 % of those who do declare feeling included in competitive activities.

89.9% declared feeling included in non-competitive activities.

83.3% declared preferring to take part in non-competitive activities.

Most respondent declared that they think the benefits of non-competitive activities are better mental wellbeing (83.3%), fun (83.3%), reducing stress and social interactions (76.7%).

86.6 % declared that they think non-competitive activities are useful for them, and 46.7% declared that there is an average offer of organised non-competitive activities in their area.

All in all, the survey revealed that Slovenian young people are not particularly aware of the concept of non-competitive activities yet, an overwhelming majority of them practice them. This practice is outside an organised frame or in school (during or after school activities) but not really as part of associations activities. Young people have a tremendous interest for non-competitive activities, but the offer is fairly low in their opinion. So this survey raises the question of the development of the offer of non-competitive activities by associations or the development of the awareness of young people on the concept, use and benefits of non-competitive activities.

# YOUTH WORKER'S INTEREST AND NEEDS FOR NON-COMPETITIVE ACTIVITIES

End of the year 2023, we sent a survey to youth workers in each of the partner country of the project (France, Slovenia, Croatia and Spain) in order to understand the level of interest and needs for non-competitive activities of youth workers. The complete breakdown of answers is available in annex.

For Slovenia, the results of the survey and analysis of existing statistics revealed the following facts:

Most respondent (71.5%) were over 31 years old and 85.7% of them were female. The geographical repartition of the respondent was shared between 42.9% living in a small town, 35.7% living in the countryside and 21.4% living in a big city.

Most (50%) respondent declared that they know a good deal about non-competitive activities (4 or more out of 5) and 35.7% declared having some knowledge (3 out of 5)

92.9% of them declared using and organising non-competitive activities in their youth work against 7.1% who do not at all. 50% of them declared that they do organise competitive activities.

All respondent declared organising mostly non-competitive activities (3 or less on the scale of 5)

All of them declared that non-competitive activities are useful in their youth work.

They thought the biggest benefits are the potential for personal development, reducing stress, better mental wellbeing and social interactions.

42.9% of the respondent declared having enough knowledge of non-competitive activities and 35.7% were not sure and 21,4 declared that they do not.

50% declared wanting to incorporate more non-competitive activities in their youth work, 78.6% want to participate in a training course on the topic and 92.9% would be interested in a pedagogical manual on the subject.

The survey findings indicate that Slovenian youth workers have a solid understanding of the concept of non-competitive activities, recognizing their benefits and relevance in youth work. However, despite this heightened awareness and knowledge, the survey suggests that youth workers could benefit from additional training and more resources on the subject.



# GOOD PRACTICES OF NON-COMPETITIVE ACTIVITIES FOR YOUNG PEOPLE

## CIRCUS FUSKABO



[Circus Fuskabo](#) is a non-profit, non-governmental organisation with special expertise in youth and social circus. Their mission is to discover, strengthen and develop personal and creative potential and to enable children and young people to integrate socially through circus arts in a safe, supportive and non-competitive learning environment. Circus Fuskabo has the advantage of a stimulating learning environment based on quality, safety and well-being. Their motto "Inspiring children and young people for life" speaks of the opportunities they offer for their students to learn something new through their own experiences and successes, as well as failures. They encourage creativity, create opportunities and develop competences for lifelong learning.

They started their activities in 2011, when they hosted the Parada circus group from Bucharest for a one-week visit. The charity project "Circus for a Better Tomorrow" toured in different parts of the country to promote social circus and to raise funds to continue the street work in Romania. After the successful completion of the tour, based on the experience gained, they started to promote the circus among their users and gradually carried out circus workshops in the field programme of Minibus Veselja. The regular circus workshops soon turned into a permanent activity with a small group of children. The group had regular weekly training sessions and started to identify themselves as FUSKABO (FUžine, SKAla, Bosko).

In 2013 they became an associate member and in 2021 a full member of the international CARAVAN (youth and social circus network). Fuskabo Circus actively participates in the network (through research, training and exchanges) and thus gains a lot of experience from other European circus schools working in this field. In 2020, based on past experience, they have been working on a five-year strategy and vision and have updated the brand under the name Circus Fuskabo.

Fuskabo Circus vision is that circus pedagogy or circus art also has a therapeutic value, as it successfully counteracts impoverished attitudes, impoverished motor and experiential abilities and fear of the future.

They noticed that young people are searching for something out of various inner distresses - for warmth, belonging, security, dialogue... All too often, young people are looking for answers to their distresses online, in gaming, on social and other networks. This in turn, has a profound mental (dys)functionality and an uncertain outlook on the future as they grow up and develop personal empowerment and, consequently, a strong identity.

Circus pedagogy encourages:

- ✚ Responsibility towards self and group, reinforces group belonging,
- ✚ individual responsibility and trust towards other members of the group,
- ✚ a sense of art,
- ✚ motor skills,
- ✚ the formation of relationships at a basic physical level,
- ✚ calming,
- ✚ sense of rhythm,
- ✚ balance,
- ✚ perseverance and discipline,
- ✚ creative expression,
- ✚ a sense of connection and cooperation,
- ✚ non-formal education,
- ✚ the holistic development of the individual at physical, social, psychological and personal levels.

## PARK ISTRIA



[Park Istria](#) is a charitable organisation working in the Coastal Carpathian region. Through their work, they respond to the needs of the local environment, spreading the values of solidarity and active citizenship. Together with volunteers from all over the world, they help people in need of diligent hands, and they especially like to support ideas and projects of local people that bring long-term positive impacts to their region.

The areas covered by Park Istria are diverse - helping the socially disadvantaged, helping organisations and individuals to protect cultural and natural heritage, carrying out educational activities and supporting a wide range of sustainable projects in and around the Coastal Carpathian Region.

Apart from the many hours of donated work, the greatest achievement of Park Istria is the changed lives of volunteers and local people. The selfless help of volunteers spreads the values of solidarity and active citizenship among the local population. The experience of sustainable living and volunteering is what helps volunteers to change themselves and the world in their everyday lives.

Since 2014, Park Istria has organised around 3,500 work actions, involving over 1,200 volunteers from 56 countries around the world, who have donated over 100,000 hours of volunteer work to JZ Slovenia and the border areas of Croatia.

In 2019, Park Istra opened the Kastelec Volunteer Centre, one of the few centres of its kind in Europe, which can host twenty volunteers at any given time and responds to the needs and challenges of the local environment on a daily basis.

Park Istra has been awarded the Energy Globe Award Slovenia and the status of an organisation working in the public interest in the field of youth work. The founder of Park Istra, Petra Matos, was nominated Woman of the Year in 2017 for her work in Park Istra, and in 2019 she received a national award for outstanding achievements in volunteer work. In 2021, Park Istria's Solidarna Primorska project was nominated for the Salto Awards and selected as one of the top five volunteering projects in Europe.

Since its inception, Park Istria has been hosting volunteers from all over the world who help Slovenian Istria and its surroundings through work actions. Each year, Park Istra has been approached by more and more locals and local organisations in need of help, and more and more volunteers wanting to help. Volunteers were provided with a home in the village halls, which were only suitable for improvised living. The conditions for volunteers were poor (tents, improvised toilets, field kitchens) and we were forced to carry out volunteer actions only in the warm part of the year.



In 2018, Park Istra was given free use of an old abandoned military caravan, which they completely renovated over two years with volunteer work, creating suitable accommodation for 20 volunteers. Now volunteers can finally help the people of Istria all year round, and together with local communities and local organisations, they can also carry out long-term actions for the good of the region and its surroundings.





# SPAIN

## ACD LA HOYA

### SITUATION OF NON-COMPETITIVE ACTIVITIES

The situation of non-competitive activities in Spain is constantly evolving, depending on various factors, including culture, tourism, public health and government policies. Here is an overview of the current situation:

**Culture and Heritage:** Non-competitive activities related to culture and heritage remain an integral part of life in Spain. Museums, art galleries, festivals, theatres and cultural performances continue to attract locals and tourists alike. Spain continues to celebrate its festivals and cultural events, although some adaptations may have been necessary due to circumstances such as the COVID-19 pandemic.



**Gastronomy:** Spanish gastronomy remains an essential part of everyday life, and the culinary experience remains a popular non-competitive activity. Restaurants, tapas bars and local food markets continue to attract food lovers.

**Tourism:** Spain remains one of the world's most popular tourist destinations, and much of the tourism is related to non-competitive activities. Beaches, historic cities, natural landscapes and nightlife attract visitors from all over the world.

**Sports and Recreation:** Non-competitive sporting activities, such as cycling, hiking and water sports, are popular throughout Spain, thanks to its varied landscape and climatic conditions.

**Festivals and Local Events:** Spain is known for its festivals and local events, which can range from the Feria de Abril in Seville to the Fallas in Valencia. These events often include parades, music, fireworks and cultural activities.



**Wellness and Health:** Health and wellness are increasingly important in people's lives. Wellness activities, such as yoga, meditation, spas and retreats, are on the rise throughout Spain.

**Community and Socialising:** Non-competitive activities continue to play a crucial role in socialisation and community building. Spaniards value social interactions and family and community gatherings.

**Government Policies:** The Spanish government has implemented policies that promote tourism, culture and non-competitive sport, recognising their importance for the economy and the well-being of the population.

While the overall situation is positive, it is important to mention that events such as the COVID-19 pandemic have had a significant impact on the way many of these activities are carried out. Restrictions and security measures have been put in place to ensure public health and the safety of participants. The situation is constantly evolving, and policies and regulations may change in response to circumstances.

The situation of non-competitive activities in the field of sports and recreation in Spain is constantly evolving, influenced by various factors, including public health, government policies, and population preferences. Here is an overview of the current situation:

**Outdoor Sports:** Spain has a pleasant climate throughout much of the country, which encourages participation in outdoor activities throughout the year. Hiking, cycling, running, and water sports (such as surfing) are popular in different regions of Spain. The situation of these non-competitive sports has been positive, as people seek activities that allow them to enjoy the outdoors and stay active.



**Parks and Public Spaces:** Many cities in Spain have well-maintained parks and public spaces that offer opportunities for non-competitive activities. These places provide areas for exercise, cycling, running, and recreational sports such as yoga and tai chi.

**Active Tourism:** Spain is an active tourist destination, with numerous companies and services dedicated to active tourism. Activities such as canoeing, climbing, winter skiing, and horse riding attract both tourists and locals interested in outdoor sports and recreation.

**COVID-19 pandemic:** The pandemic had a significant impact on sports and recreation. During the restrictions, participation in some sporting activities and events was limited, and social distancing measures were implemented. However, as vaccination has progressed and restrictions have been eased, the situation has been improving.

**Community Events and Activities:** Local communities often organise non-competitive sporting and recreational events, such as charity races, bike rides, and outdoor festivals. These events encourage community participation and promote an active and healthy lifestyle.

**Government policies:** The Spanish government promotes physical activity and active living through public policies and programmes. This includes the promotion of physical activity in schools and the creation of accessible sports infrastructures.

In short, non-competitive activities in sports and recreation remain an important part of life in Spain. Despite the challenges presented by the COVID-19 pandemic, people continue to seek

opportunities to be active and enjoy the outdoors. The country offers a variety of resources and environments to support these activities, from urban parks to spectacular natural landscapes.

## **YOUNG PEOPLE'S INTEREST AND NEEDS FOR NON-COMPETITIVE ACTIVITIES**

End of the year 2023, we sent a survey to young people under 30 in each of the partner country of the project (France, Slovenia, Croatia and Spain) in order to understand their level of interest and needs for non-competitive activities. The complete breakdown of answers is available in annex.

For Spain, the results of the survey and analysis of existing statistics revealed the following facts:

The age panel of respondent was very diverse, from 15 to 30 years old

Half were male (51.5%) and most live in a small town (51.5%), 21.2% in a big city and 27.3% in a village.

81.8% declared knowing a good deal about non-competitive activities (3 or more on a scale of 5).

The highest percentage of respondent declared having already played a cooperative game (78.8%) and go in a hike with friends (66.7%).

Most respondent declared participating in non-competitive activities outside an organised frame (87.9%), second-highest percentage in school (42.4%) and third in after school activities (24.2%).

81.8% declared participating in competitions (3 or more on a scale of 5) and 70 % of those who do 87.9% declare feeling included in competitive activities.

93.9% also declared feeling included in non-competitive activities.

60.6% declared preferring to take part in non-competitive activities.

Most respondent declared that they think the benefits of non-competitive activities are reducing stress (66.7%), fun (66.7%), followed by physical benefits.

93.9 % declared that they think non-competitive activities are useful for them, and 75.8% declared that there is a large offer of organised non-competitive activities in their area.

## **YOUTH WORKER'S INTEREST AND NEEDS FOR NON-COMPETITIVE ACTIVITIES**

End of the year 2023, we sent a survey to youth workers in each of the partner country of the project (France, Slovenia, Croatia and Spain) in order to understand the level of interest and needs for non-competitive activities of youth workers. The complete breakdown of answers is available in annex.



For Spain, the results of the survey and analysis of existing statistics revealed the following facts:

The panel of respondent were of all ages above 21 and 58.8% of them were male. The geographical repartition of the respondent was shared between 41.2% living in a small town, 35.3% living in a village and 23.5% living in a big city.

Most (47.1%) respondent declared that they know a good deal about non-competitive activities (4 or more out of 5) and 35.3% declared having some knowledge (3 out of 5)

94.1% of them declared using and organising non-competitive activities in their youth work, against 5.9% who do not at all. 82.4% of them declared that they do organise competitive activities.

82.3% of respondent declared organising mostly non-competitive activities (3 or less on the scale of 5)

88.2% of them declared that non-competitive activities are useful in their youth work.

They thought the biggest benefits are reducing stress, personal growth, improved mental wellbeing, physical benefits and social interactions.

47.1% of the respondent declared having enough knowledge of non-competitive activities, 35.3% were not sure and 17.6% declared that they do not.

88.2% declared wanting to incorporate more non-competitive activities in their youth work, 94.1% want to participate in a training course on the topic and 88.2% would be interested in a pedagogical manual on the subject.

## **GOOD PRACTICES OF NON-COMPETITIVE ACTIVITIES FOR YOUNG PEOPLE**

Spain has implemented several good practices to foster the participation of young people in non-competitive activities. These initiatives are aimed at promoting physical fitness, well-being, social engagement, and personal development among the youth.

### **YOUTH RECREATIONAL CENTRES (CENTROS DE Ocio JUVENIL)**

Many municipalities in Spain have established Youth Recreational Centres, which are dedicated spaces for young people to engage in a variety of non-competitive activities. These centres offer a safe and welcoming environment for youth to socialize, learn, and explore their interests. Some common features of these centres include:

- 🎨 **Workshops and Classes:** Youth can participate in workshops on arts and crafts, music, dance, cooking, and other creative activities. Classes in photography, filmmaking, and sports are also offered.
- 🎉 **Social Events:** The centres host social events, gatherings, and themed parties, fostering friendships and a sense of belonging.

- ✚ Educational Support: Many centres offer educational support, including tutoring and study sessions, helping young people with their academic goals.
- ✚ Recreational Facilities: Facilities for playing board games, video games, and sports like table tennis and foosball are available.
- ✚ Outdoor Activities: Youth can take part in organized trips, nature hikes, and outdoor adventures.

These Youth Recreational Centres provide a structured yet relaxed environment for young people to engage in non-competitive activities, learn new skills, and build social connections.

## OPEN ACCESS TO PUBLIC SPORTS FACILITIES

Many municipalities in Spain have adopted a policy of providing open and free access to public sports facilities. This practice ensures that sports facilities like parks, tracks, and courts are easily accessible to the public, encouraging participation in non-competitive sports.

Key elements of this practice include:

- ✚ Free Access: Public sports facilities, such as outdoor basketball courts, tennis courts, and soccer fields, are open for use by the public at no cost. This eliminates financial barriers and makes sports accessible to people of all ages and backgrounds.
- ✚ Well-Maintained Facilities: The government and local authorities allocate resources to maintain these facilities in good condition, ensuring they are safe and functional.
- ✚ Diverse Sports Options: These facilities typically offer a range of sports options, catering to various interests and skill levels. For example, basketball courts can be used for shooting hoops, and tennis courts can be used for both tennis and pickleball.
- ✚ Community Engagement: Communities often organize events, tournaments, and sports clinics at these facilities, fostering a sense of community and encouraging participation.
- ✚ Inclusivity: Efforts are made to ensure that the facilities are accessible to people with disabilities, making non-competitive sports inclusive for everyone.

Open access to public sports facilities in Spain is a good practice as it promotes physical activity, social interaction, and healthy lifestyles, particularly among young people and those with limited resources. It removes financial and logistical barriers that might otherwise discourage participation in non-competitive sports, contributing to a more active and engaged population.

## EUROPEAN CAR FREE DAY



A good practice related to non-competitive activities in the field of sports and recreation in Spain is the promotion of "Car Free Days" or "European Car Free Day". This event is an initiative that seeks to promote sustainable mobility and physical activity, while reducing air pollution and traffic congestion in urban areas. Although it is not a sporting activity per se, it promotes an active and healthy lifestyle by encouraging people to move around on foot, by bicycle or by public transport instead of using their private cars.

Every year, on 22 September, many cities in Spain (and across Europe) participate in the European Car Free Day. During this day, several streets and central areas of cities are closed to traffic, allowing pedestrians, cyclists and public transport users to enjoy a cleaner and healthier environment.

### Key Features:

- ✚ Promoting Active Mobility: This initiative promotes active mobility by encouraging people to walk or cycle. This promotes physical exercise and the adoption of healthier lifestyle habits.
- ✚ Air Pollution Reduction: By reducing the number of vehicles on the road for one day, air pollution is reduced and air quality in urban areas is improved.
- ✚ Environmental Awareness: The event raises awareness of the importance of caring for the environment and encourages the adoption of more sustainable transport options in everyday life.
- ✚ Public Transport Promotion: The initiative also highlights the usefulness and efficiency of public transport as a viable alternative to the private car.
- ✚ Community Involvement: Car Free Days engage the community, often with recreational activities, exhibitions and cultural events in pedestrianised areas, which encourages social interaction and community cohesion.

### Impact and Benefits:

- ✚ Promotion of physical activity and health.
- ✚ Reduction of air pollution and traffic congestion.
- ✚ Raising awareness of sustainability and respect for the environment.
- ✚ Promotion of an active lifestyle and more sustainable mobility.
- ✚ Strengthening community and citizen participation.



## GROUP TREKKING



An example of a non-competitive sport and recreation activity in Spain is the practice of "group trekking". Hiking is a very popular activity in Spain, given its diverse natural landscape and favourable climate. Many people join local hiking groups to enjoy the beauty of nature, stay active and socialise, without the goal of competition.

Local hiking groups organise regular walks in different areas of Spain, such as mountains, forests, coasts and natural parks. These walks do not have an element of competition; rather, they are about enjoying the natural environment and the company of other hiking enthusiasts.

### Key Features:

- ✚ Accessibility: Hiking is a low-impact activity that is suitable for people of different ages and fitness levels. This makes it accessible to a wide range of participants.
- ✚ Exploration and Nature Connection: Hiking groups explore a variety of natural routes and locations, allowing participants to connect with nature, discover new areas and appreciate the beauty of the environment.
- ✚ Socialisation: Group hiking encourages socialisation and fellowship. Participants share the hiking experience and have the opportunity to meet people with similar interests.
- ✚ Staying Active: Although not a competitive activity, hiking is an excellent way to stay active and maintain good physical and mental health.
- ✚ Education and Awareness: Hiking groups often focus on environmental education, raising awareness of the importance of nature conservation and respect for the environment.

### Impact and Benefits:

- ✚ Promotion of physical activity and well-being.
- ✚ Connection with nature and appreciation for the environment.
- ✚ Socialisation and building personal relationships.
- ✚ Promotion of rural tourism and natural areas.
- ✚ Promoting environmental awareness.

## RUTA DEL CARES



A specific example of a non-competitive sport and recreation activity in Spain is the Ruta del Cares, which is a scenic hike through the Picos de Europa, in the region of Asturias and León. Although the route is challenging, it is done without a competitive component and allows participants to enjoy the beauty of the natural environment and the experience of walking in a breathtaking landscape.

The Ruta del Cares is a hike of approximately 12 kilometres in length that follows the gorge of the Cares River through the mountains of the Picos de Europa. The route starts in the village of Poncebos in Asturias and ends in Cain in Leon. During the walk, participants cross footbridges carved into the mountain walls and enjoy spectacular panoramic views.

### Key Features:

- ✚ Breathtaking Nature: The Cares Route passes through stunning scenery of mountains, gorges and rivers, allowing participants to enjoy the natural beauty of the region.
- ✚ Accessibility: Although the walk can be long and challenging in some sections, it is accessible to people with a reasonable level of fitness. It is not a competition, so participants can take their time and enjoy the surroundings.
- ✚ Active Tourism: The route attracts tourists and locals interested in active tourism and nature, promoting tourism in the region and the local economy.
- ✚ Environmental Awareness: Hikers often receive information about the importance of environmental conservation and respect for nature.

### Impact and Benefits:

- ✚ Promotion of physical activity and health.
- ✚ Connection with nature and appreciation for the beauty of the Picos de Europa.
- ✚ Sustainable tourism in the region.
- ✚ Promotion of environmental awareness and the importance of conserving natural areas.

## EL HONDO NATURAL PARK



A specific example of a non-competitive sport and recreation activity in Elche, a city in the Valencian Community, is the Hiking Route in the El Hondo Natural Park. The El Hondo Natural Park is an area of wetlands and marshes near Elche that offers a stunning natural environment and is an ideal place for hiking and bird watching activities.

Hiking Route in the El Hondo Natural Park: Hikers can explore a variety of paths and trails throughout this natural environment, which is especially known for its scenic beauty and rich wildlife.

### Key features:

- ✚ Contact with Nature: The hiking route in the El Hondo Natural Park gives participants the opportunity to be in contact with nature and enjoy the biodiversity of the region.
- ✚ Bird Watching: El Hondo is a reference place for bird watching, and many ornithology enthusiasts visit the park. Hikers can spot various species of birds and learn about local fauna.
- ✚ Natural and Landscape Environment: Hiking in this park allows participants to enjoy an impressive natural environment, with marshes, lagoons, forests and panoramic views.
- ✚ Physical Activity: Although not competitive, hiking in the park involves moderate physical activity, promoting health and well-being.
- ✚ Environmental Awareness: During the routes, the guides often highlight the importance of the conservation of this natural environment and the need to respect the local flora and fauna.

### Impact and Benefits:

- ✚ Promotion of physical activity and health.
- ✚ Connection with nature and appreciation for local biodiversity.
- ✚ Environmental education and conservation awareness.
- ✚ Sustainable use of a natural area for recreation and tourism activities.

The Hiking Route in the El Hondo Natural Park in Elche is a specific example of a non-competitive activity that allows the local community and visitors to enjoy a beautiful natural environment, stay active and learn about the importance of environmental conservation. This practice is representative of how Elche takes advantage of its natural resources for recreational and educational activities.



## BIKE ROUTE THROUGH THE ELCHE MUNICIPAL PARK



A specific example of a non-competitive sports and recreation activity in Elche is the "Bike Route through the Elche Municipal Park." This practice is popular among local residents and visitors who want to enjoy the city's natural beauty while staying active.

Bicycle Route through the Municipal Park of Elche: Bicycle enthusiasts meet in the Municipal Park of Elche, a beautiful green space in the centre of the city, to take non-competitive bicycle routes. These routes can vary in length and difficulty and are done regularly. There is no competition between participants, and the emphasis is on enjoying the ride and nature.

### Key Features:

- ✚ Accessibility: Non-competitive bike routes are suitable for cyclists of all levels, from beginner to experienced. Routes are chosen according to the group's capacity and preferences.
- ✚ Natural Environment: The Municipal Park of Elche offers a beautiful and quiet natural environment, allowing cyclists to enjoy nature in the heart of the city.
- ✚ Socialization: Group bike rides encourage socialization and building a community of people interested in cycling and outdoor recreation.
- ✚ Promotion of Physical Activity: Cycling promotes physical activity and a healthy lifestyle, without the pressure of formal competition.

### Impact and Benefits:

- ✚ Promotion of physical activity and health.
- ✚ Connection with nature and appreciation for the natural environment of Elche.
- ✚ Socialization and creation of a community of cycling lovers.
- ✚ Sustainable use of the Elche Municipal Park for recreation and sports activities.

The "Bike Route through the Municipal Park of Elche" is a specific example of a non-competitive activity that allows the local community to enjoy physical activity, nature and socialization in a natural environment in the centre of the city. This initiative promotes an active and healthy lifestyle, while using Elche's natural resources for recreational activities.

## ALICANTE WALKERS CLUB



A specific example of a non-competitive sport and recreation activity in Alicante is the "Alicante Walkers Club". This club brings together people interested in walking, hiking and exploring nature in the province of Alicante. Although the club organizes walks and routes, its focus is not competition, but rather enjoying outdoor activity, the company of other walkers and the beauty of Alicante's landscapes.

The Alicante Walking Club is an association or group of walking enthusiasts who meet to take regular walks through the province of Alicante.

### Key features:

- ✚ Recreational Hiking: The club's primary focus is to enjoy recreational hiking and nature exploration, not competition.
- ✚ Variety of Routes: The club organizes a variety of routes that range from gentle walks in urban areas to more challenging walks in mountainous or coastal areas of the province of Alicante.
- ✚ Accessibility: Walks are designed to be accessible to people of different ages and fitness levels. No previous experience required.
- ✚ Connection with Nature: The walks allow participants to connect with nature and enjoy the beauty of Alicante's landscapes.
- ✚ Socialization: The club encourages socialization among members and the creation of a community of lovers of walking and active life.

### Impact and Benefits:

- ✚ Promotion of physical activity and health.
- ✚ Connection with nature and appreciation for the landscapes of Alicante.
- ✚ Socialization and creation of a community of walkers.
- ✚ Sustainable use of natural spaces for recreational activities.

The "Alicante Walking Club" is a specific example of a non-competitive activity that allows the local community and visitors to enjoy outdoor activity, nature and the company of other walking enthusiasts in the beautiful province of Alicante. This practice promotes an active and healthy lifestyle, while taking advantage of the region's natural resources for recreational activities.

## CYCLE-TOURISM ALONG THE ALICANTE BIKE LANE



A specific example of a non-competitive sport and recreation activity that exists in Alicante is the "Cycle-Tourism along the Alicante Bike Lane". The Alicante Bike Lane is an extensive network of exclusive bicycle paths that run through the city and its surroundings. Cyclists can use these routes to enjoy recreational bike rides, explore the city and surrounding areas, and stay active without the pressure of competition.

Local residents and visitors to Alicante can use the city's Bike Path for recreational bike rides. The cycle path network offers a variety of routes, from urban rides to routes that lead to beautiful coastal and natural landscapes on the outskirts of the city.

### Key Features:

- ✚ Accessibility: The Alicante Bike Path is designed to be accessible to cyclists of all ages and fitness levels. You don't have to be an experienced cyclist to enjoy these routes.
- ✚ Recreational Focus: The main motivation for using the Alicante Bike Lane is to enjoy recreational bike rides, explore the city and its surroundings, and stay active.
- ✚ City and Nature Exploration: The routes allow cyclists to explore the city of Alicante, its beaches, parks and surrounding natural areas, such as the famous Serra del Maigmo.
- ✚ Connection with the Community and Nature: Cyclists can use these routes to connect with the local community and enjoy the natural beauty of Alicante.
- ✚ Promotion of Physical Activity: Cycle tourism promotes physical activity and a healthy lifestyle, without the pressure of formal competition.

### Impact and Benefits:

- ✚ Promotion of physical activity and health.
- ✚ Connection with the community and appreciation for the landscapes of Alicante.
- ✚ Promotion of an active and sustainable lifestyle.
- ✚ Use of urban infrastructure for recreation activities and sustainable transportation.

The "Cycle-Tourism along the Alicante Bike Lane" is a concrete example of a non-competitive activity that allows the local community and visitors to enjoy outdoor activity, exploration of the city and its surroundings, and the promotion of an active and healthy lifestyle through the use of the bicycle. This initiative takes advantage of Alicante's bike lane infrastructure for recreational and sustainable transport activities.



# CONCLUSION

The objective of this study in each of the four partners country of the project was to give an overview and a picture of the situation of non-competitive activities, identify obstacles and challenges to young people's participation in such activities and reflect upon solutions.

Regarding the situation of young people and non-competitive activities, the study uncovered local differences such as, for example a higher Awareness and participation in France than in Slovenia, but generally speaking, we discovered that there are common trends in all four countries:

- Young people like to take part in non-competitive activities and do so regularly either in the frame of school or amongst friends but not so much in the frame of non-formal education settings
- Young people feel that non-competitive activities better foster their inclusion than competitive activities and are beneficial for them
- Young people feel that the offer of non-competitive activities is not enough.

Our project, "Non-Competitive Activities for Inclusion" is looking for solutions to foster young people's participation in non-competitive activities and according to the results of our study, the consortium has decided to try to address two critical issue influencing participation level:

- Promotion and visibility: giving access to information about the benefits and possibilities for non-competitive activities to young people and youth workers.
- Education: teaching concrete non-competitive activities to youth workers that are directly applicable in their youth work.

In order to address those two issues, the partners will create a training course and a pedagogical manual, as well as a [website](#).

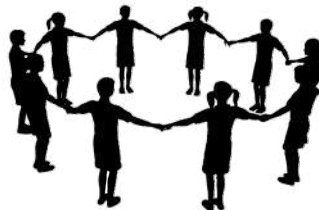


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**NON-COMPETITIVE ACTIVITIES**



**FOR INCLUSION**

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