



# SWUP

## SPORT FOR WOMEN IN URBAN PLACES



Co-funded by the  
Erasmus+ Programme  
of the European Union

# SWUP PROJECT HAS FINISHED!

DISCOVER ITS RICH LEGACY OF TOOLS AND  
PUBLICATIONS FOR ENGAGING WOMEN IN  
PRACTISING PHYSICAL ACTIVITY IN PUBLIC SPACES!

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## The Catalogue of Good Practice



A collection of initiatives aiming at promoting women's involvement in physical activities in urban places from all over the world? Yes, it exists! It is Istituto per la Ricerca Sociale (IT) that drafted it in the framework of the SWUP project.

Training for women to learn how to bike, self-organised groups of mum-runners, workshops to mainstream gender perspective in urban planning and so much more!



[CLICK HERE TO GET THE CATALOGUE!](#)

Do you also know activities or policies aiming at building activities and environment that make outdoor sport an easy choice for women?



[CLICK HERE TO SHARE YOUR INITIATIVE!](#)



CÂMARA  
MUNICIPAL DE  
GUIMARÃES

Ajuntament de Granollers

mulier instituut

lrs



# Final SWUP event in Brussels

## an intense exchange of experiences

Partners from SWUP project gathered in Brussels and shared their experience with local associations from Brussels.

In the first part of the event, Mulier Instituut (NL) presented the results of the survey that were implemented at the beginning of the project to know the needs and barriers of women regarding the practice of outdoor sport. Corbetta (IT), Sofia (BG) presented their pilot activities, ranging from child-care service to outdoor classes at lunch time and story-telling workshops. IRS gave an overview of the collective assessment of the pilot activities.



In the second part of the event, the scope enlarged: activities and measures to foster women physical activity were described by IRS on the base of the Catalogue of Good Practice. After that, Garance and La Maison des Femmes, two Brussels-based organization, told about their activities, among which 'Urban Walks' to raise women's awareness of the gender barriers embedded in parks.

A gender walk in the streets of Brussels closed the event and led the participants at the discovery of the often-neglected women's influence in the story and architecture of the Belgian capital.





## Pilot Program Reports

On the base of the survey done at the beginning of the project to know women's needs' and barriers in relation with sport practice, every city partner of the project identified and implemented a series of activities to engage the women of their community in practicing sport.

Click on the following images to find out the specific activities implemented by every city!

[Click here  to find the reports in their original languages]

### Sofia



### Granollers



### Guimaraes



### Ramnicu Sarat



### Corbetta



## What happened before and after the pilot programs?

### BEFORE

#### The survey study

At the beginning of the project, every city partner has conducted a survey to explore the relation between the adult population of their cities and sport and recreational physical activities (SPRA). Were people active in SPRA? Which barriers men and women face to practice SPRA? What motivates them? These are only some of the questions that the survey tried to answer. The results have been elaborated by Mulier Instituut (NL) and they are now available in the report called "Towards gender equity in urban outdoor sport spaces".

CLICK HERE  TO DISCOVER THE SURVEY'S RESULTS!

Some of the findings in a nutshell:

The most mentioned barriers to practicing physical activities:

- no one to go with
- feeling of unsafety
- never having participated in outdoor physical activities before

The double work load experienced by many respondents' (job and family care) seems to be both a major barrier ('no time') and motivation ('a moment to escape daily hassles') for practicing physical activity

Compared to men, women are both less active in physical activities in general and are less active in outdoors physical activities,

Main reasons for not being active:


- little time because of study/work
- family obligations (e.g. child care)

Main motivations for start practicing physical activity:

- improve health
- relax

### AFTER

#### The collective assessment

This report presents the main findings of the participatory assessment of the five pilot programs tested during the SW-UP project. The report starts with an introductory section, detailing the background, the purpose and the contents of the report. It continues with a chapter specifically dedicated to the assessment of each of the five pilot programs. The chapter provide evidence on the results of the program and on the main factors contributing/blocking their achievement, and on the sustainability of the programs after the end of the SW-UP project. The report also provides a transversal reading of the assessments of pilot programs. The report closes with conclusions and recommendations for future implementation 

CLICK HERE TO HAVE A LOOK AT THE ASSESSMENT REPORT!

### AFTER

#### The Roadmaps


On the base of the experience of the pilot program, how can every city bring on the commitment to promote activities and urban spaces that encourage women to practice physical activity? What are the strengths of the pilot programs that should be replicated? What are the weaknesses to be improved? Which new information on the target population could help to establish new activities?

Discover how every city answered to these questions in the roadmaps!

 ROADMAPS

### AFTER

#### The Guidelines

The guidelines gather ideas, recommendations and observations on how to enhance women's sports participation in urban places and how to realise women friendly urban planning regarding outdoor sport facilities and spaces based on partners' experience and SWUP previous publications.  GUIDELINES



## IN THE MEANTIME...

### The exchange reports

Every exchange report gathers all the comments and reflections that the partners have exchanged during the project on a set of defined topics regarding women, physical activity and urban space. The comments and reflections have been exchanged during project meetings, on the online platform, in ad hoc online meetings, and, in some cases, through informal conversations/feedback with local stakeholders users (citizens / people enrolled in sport courses offered by the partner's organization, organizations working in the same topics).

Here the topics that have been discussed and the relative reports:



WOMEN-ONLY PROVISIONS



THE ROLE OF WOMEN  
IN EXECUTIVE SPORT POSITIONS



SPORT AND DISABILITIES



LOCAL IMPACT GENERATED  
BY SPORT ACTIVITIES



HOW CAN LOCAL MUNICIPALITIES  
ENHANCE WOMEN PHYSICAL ACTIVITY,



CHILD FRIENDLY APPROACH

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