

GOOD PRACTICE

Sport and Health Day for Citizens



City
Győr

Country
Hungary

Mission
Introduce all Olympic and non Olympic sports to citizens; provide fun physical activities' opportunities.

Target Group
Citizens of all ages

Highlight
A one day festival that gathers families, and creates interaction between local sport clubs and citizens

Timeframe
Twice a year, in Spring and Autumn

Budget
Spring Festival: € 5000
Autumn Festival: € 14 000



Objectives

„*The Health is Value, The Sport is Opportunities*“.

The slogan of the Sport and Health Day highlights the 4 major objectives of the Sport and Health Day for Citizens, that is to say provide opportunities to be physically active, discover sports and popularize healthy lifestyles.

The Event

The Sport and Health Day is held in the Friendship Sport Park (a 29 000 square meters park that contains 3 artificial grass grounds, a street basketball court, an open air power park, children's playgrounds, a running ground and area for retired people) every spring and autumn, where those who wish to move and spend their free time in an active way can take part in the whole-day program. The City of Győr wishes to give an opportunity to all Olympic and non-Olympic sports to introduce themselves in this vast area and to visitors to do some sports free of charge twice a year.

Activities are organized for all age groups: the smallest children can enjoy the play house, while older people can move their bodies in the “Exercise for elderly people”.





Sport for All is offered to the whole family.

Experts call people's attention to different examinations (blood sugar and cholesterol tests, body fat index) and the importance of prevention.

Cooperation and Partnerships



Every year, the spring sport's day is sponsored by Nivea, the Hungarian affiliate of Decathlon and Filtine Events. They organize all aerobic events and advertise the programs also at a national level. They contribute 10% to the budget, while the Municipality of Győr covers 90% of it.

One person employed by the municipality is in charge of organising the whole Day, helped by volunteer instructors on the day of the event. 25 volunteer students from the local Western-European University's Faculty of Recreation and Free time also take part in the sports' day as field practice.



Reach

2 500 people took part in the last event. New facilities will be included soon to enable the introduction of new sports and ensure that enough space is available for all activities.

The Health and Sport's Day is a first step towards reviving some sport complexes, organizing more Sport for All and paying more attention to amateur sports, while professional sports is very successful in the city. It provides local clubs opportunities to show what they are doing and recruit young athletes, while refreshing participants' minds and showing them why sport is important in one's life.

More information:

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