



**CALISTHENICS, A SAFE, HEALTHY
AND EASY SPORT FOR EVERYONE**



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LESSONS LEARNED TOOLKIT 2023

Deliverable D2.

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I. Executive Summary:

This document gives an overview of the EUCE project www.euce-project.eu outcome, presenting its implementation activities, conclusions drawn, good practice examples and lessons learned, highlighting conclusions on possible improvements for the continuation of the activities across Europe.

II. Introduction:

Physical inactivity is increasing worldwide, resulting in physical and health shortages in later life. This is a social problem that must be properly addressed for a healthier society, especially to help the resilience after the Covid-19 pandemic, which severely affected regular physical exercise during lockdowns. This is a serious threat to the health and well-being of the European population, which can increase dysfunctions such as obesity, stress, cardio-circulatory problems, etc. Facing these challenges, the EUCE project organized a European-wide sport event in Amsterdam to promote the regular practice of calisthenics to improve health, physical exercise, and sports practice at every level, especially in the most vulnerable citizens. An event that was attended by coaches and athletes from 20 European countries as well as the public. During this event, different competition groups were organized (seniors, women, persons with disabilities, and youth) together with workshops, animations, virtual areas, and other side activities. Calisthenics is very simple to exercise, a sport easily accessible for young and old people simply by using their body weight, at every level and wherever they live, without costs and in full respect of the environment. The EUCE project also developed other products: 1) Training content for elite coaches and volunteers ahead of the sport event; 2) Digital tools to enable e-tournaments, workouts, and networking (online platform and mobile app); 3) Extensive communication activity through multiple media. The EUCE project achieved different positive outcomes: a) Enhanced visibility of calisthenics in Europe; b) Enhanced relational level of the calisthenics movement towards the sport authorities; c) Improved health and well-being in the population; d) Increased digitalization of sport; e) Reduced environmental impact of physical activity; f) Relaunch of positive sport culture.

III. Main Activities and Outputs:

The conclusions detailed below are linked to the four main products that are necessary to continue the EUCE project activities and exploit its results in Europe.

A. Online Free and paid Workouts (Digitalization)

The use of digital tools in the context of Calisthenics activities and beyond is seen as a significant innovation in the sport sector. Virtual training has become a prominent feature, allowing coaches and trainees to connect and exercise together online through platforms like ZOOM videoconferencing, TV

streaming with Chromecast, or pre-recorded videos. This approach ensures that Calisthenics can be practiced at any time and in any location, providing flexibility and convenience.

To support the digital training experience and enable ongoing engagement, an online Calisthenics platform called www.thecalisthenicsclub.com has been established. Additionally, the new EUCE and TCC app will be introduced, allowing practitioners of all levels, including elite coaches, athletes, and volunteers, to interact and continue their training programs even after the conclusion of the sport event. These digital tools will also facilitate the monitoring of performance data over time, providing individuals with valuable insights into their progress.

Moreover, the inherent characteristics of Calisthenics, including its "light format" and affordability due to minimal costs, contribute to social innovation by promoting the inclusion of disadvantaged groups. The accessibility and low barriers to entry make Calisthenics a form of health-enhancing physical activity that is available to everyone, including low-income citizens. This focus on inclusivity ensures that even the most disadvantaged categories of society can participate and benefit from engaging in Calisthenics.

Overall, the incorporation of digital tools, virtual training, online platforms, and accessibility to all socioeconomic groups brings about innovative advancements in Calisthenics, promoting inclusivity and providing opportunities for health-enhancing physical activity for everyone.

I. Positive lessons learned:

Positive lessons learned from the use of digital tools in Calisthenics include:

- 1. Increased Accessibility:** The use of digital tools has made Calisthenics more accessible to a wider audience. Virtual training allows individuals to participate in Calisthenics activities regardless of their location, schedule, or physical proximity to training facilities. This inclusivity has opened opportunities for people who may have faced barriers to participation in traditional in-person training.
- 2. Flexibility and Convenience:** Digital tools have provided flexibility and convenience in practicing Calisthenics. Trainees can choose the time and location that best suits them, eliminating the constraints of fixed training schedules. This flexibility increases the likelihood of adherence to training programs and promotes a more sustainable and consistent practice.
- 3. Ongoing Engagement and Support:** The introduction of online platforms and apps for Calisthenics has created a sense of community and ongoing support for practitioners. Coaches, athletes, and volunteers can continue to interact and exchange knowledge and experiences beyond the sport event. This sense of connection enhances motivation and accountability, contributing to long-term engagement and progress.

4. **Performance Tracking and Monitoring:** Digital tools enable the tracking and monitoring of performance data over time. Practitioners can measure their progress, set goals, and make informed adjustments to their training programs. This data-driven approach enhances self-awareness, facilitates personalized training, and helps individuals stay motivated by seeing tangible improvements.
5. **Cost-effectiveness and Social Inclusion:** The low-cost nature of Calisthenics, coupled with the use of digital tools, promotes social inclusion. The affordability and accessibility of virtual training eliminate financial barriers, making Calisthenics an attractive option for individuals from low-income backgrounds. This fosters equal opportunities for participation and encourages physical activity among diverse socioeconomic groups.
6. **Adaptability and Crisis Resilience:** The adoption of digital tools in Calisthenics has shown its adaptability and resilience during challenging times, such as the COVID-19 pandemic. Virtual training provided a solution for individuals to maintain their physical activity routines and continue their progress despite restrictions on in-person gatherings. This adaptability demonstrates the ability of Calisthenics and digital tools to withstand and overcome crises.

These positive lessons highlight the transformative impact of digital tools in Calisthenics, fostering accessibility, convenience, ongoing support, performance tracking, social inclusion, and adaptability. By leveraging these advancements, Calisthenics can continue to evolve and thrive as a sport that promotes well-being and inclusivity.

II. Negative lessons learned:

While the use of digital tools in Calisthenics activities and training has numerous positive aspects, there are also potential negative lessons that can be learned. Some of these include:

1. **Limited Physical Interaction:** Virtual training may lack the physical presence and interaction between coaches and trainees. The absence of in-person guidance and feedback could result in a less personalized experience and potential limitations in correcting form and technique.
2. **Technical Challenges:** Dependence on technology introduces the risk of technical issues such as internet connectivity problems, audio or video glitches, or platform compatibility issues. These disruptions can hinder the smooth flow of training sessions and impact the overall experience.
3. **Lack of Equipment:** Calisthenics often relies on bodyweight exercises, but some advanced movements may require additional equipment. The digital format may limit access to specialized equipment or make it challenging to demonstrate exercises that require specific apparatus.

4. **Reduced Motivation and Accountability:** Without the physical presence of others in a training environment, individuals may experience reduced motivation and accountability. The absence of a group setting, or real-time interactions could lead to decreased commitment and adherence to training programs.
5. **Potential Information Overload:** With the abundance of online resources and platforms, individuals may encounter conflicting information, misinformation, or suboptimal training programs. Sorting through the vast amount of available content to find reliable and suitable guidance can be overwhelming and confusing.
6. **Privacy and Security Concerns:** Engaging in online platforms and apps may raise privacy and security concerns. Users need to be cautious about sharing personal information and ensure the safety and integrity of their data when using these digital tools.
7. **Inequalities in Access:** While digital tools aim to increase accessibility, there are still inequalities in access to technology, internet connectivity, and devices across different socioeconomic groups. This disparity may limit the inclusivity and reach of virtual training for individuals who do not have adequate resources or technological infrastructure.

III. Recommendation:

To address the potential challenges associated with the use of digital tools in Calisthenics activities and training, the following recommendations can be considered:

1. **Supplement Virtual Training with In-Person Sessions:** Whenever possible, incorporate in-person training sessions or workshops to provide direct guidance, feedback, and personalized instruction. This combination of virtual and in-person training can enhance the learning experience and ensure proper form and technique.
2. **Provide Clear Technical Guidelines:** Establish clear guidelines and recommendations for participants regarding internet connectivity, equipment requirements, and platform usage. This can help minimize technical issues and ensure a smooth training experience. Encourage participants to test their equipment and troubleshoot connectivity problems in advance.
3. **Adapt Exercises for Limited Equipment:** Recognize the limitations of the digital format and modify exercises to accommodate participants with limited access to specialized equipment. Provide alternatives or variations of exercises that can be performed using common household items or bodyweight-only movements.

4. **Demonstration Videos library:** Including video demonstrations of workout routines can be helpful for participants. Visual cues and examples of proper form can enhance understanding and ensure participants are performing exercises correctly. Organizers should consider providing links to video resources or creating their instructional videos. Offer alternative formats for those with limited internet access, such as offline downloadable content or SMS-based training programs.
5. **Rest Intervals and Repetitions:** Specifying appropriate rest intervals and repetition ranges for each exercise helps participants structure their workouts effectively. Organizers should consider providing guidelines that balance intensity and recovery to optimize results and prevent overexertion.
6. **Clear Exercise Instructions:** It is essential to provide clear instructions for each exercise, as per the levels: beginner/intermediate or advanced. Including proper form and technique. Organizers should ensure that participants have a thorough understanding of how to perform each exercise correctly to prevent injuries and maximize effectiveness.
7. **Progression and Difficulty Levels:** Offering different workout routines with varying difficulty levels, like the beginner routines provided, allows participants to progress at their own pace. Organizers should consider providing options for participants of different fitness levels, allowing them to start with a suitable routine and gradually advance as they become more comfortable and capable.
8. **Duration and Frequency:** Indicating the duration and frequency of the workout routines helps participants plan their schedules and commit to regular exercise. Organizers should provide recommendations on how often participants should perform the workouts for optimal results, considering the target goals and the participant's level (beginner, intermediate or advanced).
9. **Goal Setting and Progress Tracking:** Encouraging participants to set specific goals and track their progress over time can enhance motivation and provide a sense of achievement. Organizers may suggest keeping workout logs or utilizing fitness apps to track performance and improvements.
10. **Flexibility and Adaptability:** Recognizing that participants may have different needs and preferences, organizers should allow for flexibility within the workout routines. This could involve offering alternatives or modifications for certain exercises to accommodate participants with specific limitations or equipment constraints.
11. **Communication and Support:** Providing a platform for participants to ask questions, seek clarification, or receive guidance is crucial for their overall experience. Organizers should establish clear channels of communication, such as email or online forums, to address participant inquiries and provide additional support when needed.

12. Hotline number (feedback of participants): Participants should be provided with a hotline number or email address through which they can share their feedback. Organizers must consistently take measures to address the feedback received from participants to ensure the proper implementation of the project.

13. Foster Community and Accountability: Incorporate elements of community and accountability into the virtual training environment. Encourage participants to join online forums, social media groups, or virtual communities where they can interact with fellow trainees, share experiences, and provide support. Consider implementing regular check-ins or progress-tracking mechanisms to maintain motivation and accountability.

14. Reliable and Quality Content: As an organization or platform providing digital training resources, should provide reliable, evidence-based content. Ensure that the information and training programs offered are accurate, safe, and effective. Provide clear guidelines on how to evaluate and choose trustworthy resources and offer recommendations for reputable trainers, coaches, or platforms.

15. Prioritize Privacy and Security: Emphasize the importance of privacy and security when using digital tools. Educate users on best practices for protecting personal information, such as using secure passwords, being cautious of sharing sensitive data, and understanding the platform's privacy policies. Regularly update and maintain the security measures of the online platforms and apps used for training.

By implementing these recommendations, the use of digital tools in Calisthenics activities can be optimized to overcome challenges, enhance training experiences, and ensure inclusivity for participants of diverse backgrounds and resources.

B. Capacity Building: Course for elite coaches

Capacity building (EUCE courses for elite coaches www.hetcoi.nl) focuses on preparing and training coaches in ten countries in Europe. These coaches will receive information about the project's sport event and learn how to support athletes and practitioners. Additionally, they will be provided with guidelines on how to continue engaging with and motivating more users even after the project concludes. The training aims to develop coaches into genuine "Callisthenic Ambassadors" in Europe, rather than solely preparing them for participation in the project.

I. Positive lessons learned:

1. Increased expertise: Through the training program, coaches acquired advanced knowledge and skills in calisthenics training. This enhanced their overall expertise, enabling them to provide better guidance and support to athletes and practitioners.

2. **Networking opportunities:** The involvement of coaches from 20 different countries created a platform for networking and sharing experiences. Coaches exchanged ideas, learned from one another, and build valuable professional connections, fostering a sense of community within the calisthenics discipline.
3. **Enhanced athlete support:** By informing coaches about the EUCE | European Calisthenics Fair, they become equipped with the necessary information to provide comprehensive support to athletes participating in the event. Coaches offered guidance, motivation, and tailored training programs to help athletes perform at their best during the fair.
4. **Outreach and motivation:** Coaches received common guidelines on how to engage with users and motivated them to embrace calisthenics. This approach extended beyond the event itself, empowering coaches to reach out to a wider audience and inspiring more individuals to adopt calisthenics as a form of physical activity.
5. **Formation of ambassadors:** The training program aims to create "Calisthenics Ambassadors" in Europe. By providing knowledge, skills, and guidelines, coaches become ambassadors for the discipline, promoting calisthenics as an inclusive and effective training method. This contributed to the growth and popularity of calisthenics across Europe.
6. **Effective training programs:** Coaches gained insights into delivering effective training programs that catered for individuals of all ages and abilities. This inclusive approach ensured that practitioners, regardless of their fitness levels, received appropriate guidance and are motivated to continue their calisthenics journey.
7. **Long-lasting impact:** The focus of the training was not solely on the event but also on the post-event engagement. By equipping coaches with the skills to engage with and motivate users, the training program aims to have a lasting impact, fostering a community of calisthenics enthusiasts who continue to pursue the discipline even after the fair concludes.

Overall, the involvement of coaches in the preparation and training process for the European Calisthenics Fair presents an opportunity to enhance expertise, build networks, support athletes, and create ambassadors for the discipline. The positive lessons learned from this activity can

Contribute to the growth and popularity of calisthenics in Europe.

II. Negative lessons learned:

While the involvement of coaches in the preparation and training process for the EUCE | European Calisthenics Fair has many positive aspects, there are also some potential negative lessons learned. These could include:

- 1- **Lack of follow-through:** Despite receiving guidelines on engaging with and motivating more users, some coaches could not effectively implement these strategies after the project concludes. This resulted in a missed opportunity to expand the calisthenics community and sustain interest in the discipline.
- 2- **Limited impact beyond participating coaches:** Although the goal is to develop coaches into "Calisthenics Ambassadors," reaching out to these ambassadors was limited to their immediate circle of influence. The training program does not have enough impact to create a significant shift in promoting calisthenics across Europe.
- 3- **Inadequate resources for continued support:** The training program did not provide sufficient resources or ongoing support for coaches to effectively engage and motivate users after the project concludes. Without access to updated materials, mentorship, or ongoing training opportunities, coaches may struggle to sustain their ambassadorial role in the long term.
- 4- **Cultural and language barriers:** Involving coaches from 20 different countries in Europe introduced potential cultural and language barriers. Communication and understanding were found challenging, hindering effective knowledge transfer and collaboration among coaches from diverse backgrounds.
- 5- **Varied quality of training:** The training program faces challenges in ensuring consistent quality across all participating coaches. Differences in the trainers' expertise, training methodologies, and resources available in each country led to discrepancies in the effectiveness of the training received by coaches.
- 6- **Lack of measurable impact:** The training program did not have a robust system in place to measure the impact and effectiveness of the coaches' efforts as "Calisthenics Ambassadors." This could make it difficult to assess the overall success of the program and identify areas for improvement in future initiatives.
- 7- **Potential resistance or disinterest:** Some coaches did not fully embrace the role of "Calisthenics Ambassadors" or lack the motivation to actively engage with and motivate users. This could be due to

personal preferences, conflicting priorities, or a lack of perceived incentives or recognition for their efforts.

III. Recommendations:

- 1- Follow-up and accountability:** Implement a system to monitor and follow up with coaches after the project concludes. This can include regular check-ins, progress assessments, and sharing best practices to ensure coaches are effectively implementing the provided guidelines.
- 2- Expand the reach:** Consider strategies to extend the impact of "Calisthenics Ambassadors" beyond their immediate circles. This can include organizing workshops, seminars, or community events where coaches can share their knowledge and engage with a wider audience. Utilize online platforms and social media to reach a broader community.
- 3- Continued support and resources:** Provide ongoing resources, such as updated training materials, mentorship programs, and access to additional training opportunities. This support can help coaches sustain their ambassadorial role and stay motivated to engage with and motivate users in the long term.
- 4- Address cultural and language barriers:** Foster an environment of cultural exchange and collaboration among coaches from different countries. Offer translation services, promote cross-cultural understanding, and encourage coaches to share their unique perspectives and experiences.
- 5- Standardize training quality:** Establish clear guidelines and standards for the training program to ensure consistent quality across all participating coaches. Provide comprehensive training materials and conduct regular evaluations to identify areas for improvement and address any discrepancies.
- 6- Measure impact:** Develop a robust evaluation framework to measure the impact and effectiveness of the coaches' efforts as "Calisthenics Ambassadors." This can include collecting data on user engagement, participation rates, and feedback from practitioners. Use this information to identify successes, challenges, and areas for improvement.
- 7- Incentives and recognition:** Create a system that recognizes and rewards coaches for their efforts as "Calisthenics Ambassadors." This can include certifications, awards, or opportunities for professional growth within the calisthenics community. Acknowledge their contributions and provide incentives to maintain their motivation and enthusiasm.

C. Calisthenics sport Events Implementation:

The two-day European Calisthenics Fair was organized by EUCE, a European sport project Co-Funded by the Erasmus+ program of the European Union. The event took place in Amsterdam on 25th and 26th February 2023, and it gathered a total of 3420 visitors on Saturday 25th Feb 2023 and 1489 on 26th Feb 2023. The participants and visitors came from various backgrounds, including street workout and street lifting athletes, people with disabilities, youth, and professionals in the fitness industry. The event also had 19 European organizations and countries present representing 145 athletes, 60 referees and 140 coaches. The total number of athlete entries was 357, and 3 disciplines had been put into practice: Streetlifting / Strength Endurance and Freestyle categorized by age /gender /weight and ability. There were 63 workshops held, 13 master classes, with 11 guest speakers in attendance and there were 38 exhibitors present.

The objective of the EUCE | European Calisthenics Fair 2023 was to promote and introduce the sport of Calisthenics and its Street workout communities to a wider audience. These two-day bodyweight sports and health events, and workshops were meant to create an immersive and interactive experience for the public, providing them with opportunities to actively engage in the world of Calisthenics.

I. Positive lessons learned:

- 1. Promoting a healthy and active lifestyle:** The event highlighted the sport of Calisthenics and its connection to overall health and fitness. It encouraged individuals to engage in bodyweight exercises and adopt a more active lifestyle, promoting physical well-being.
- 2. Inspiration and motivation:** Attendees had the chance to meet and learn from some of the most inspiring figures in the Calisthenics world. These individuals often have compelling stories of personal growth, perseverance, and achievement, serving as sources of inspiration and motivation for others.
- 3. Spectacular shows and competitions:** The Fair showcased spectacular performances and competitions that demonstrate the incredible physical abilities and creativity of Calisthenics practitioners. These displays inspired individuals to push their boundaries, explore their potential, and set personal goals.
- 4. Cultural exchange and diversity:** The event attracted participants and attendees from various countries, creating a platform for cultural exchange. People from different backgrounds shared their experiences, techniques, and perspectives on Calisthenics, promoting diversity and fostering a global community.

5. **Promotion of alternative sports:** By introducing the sport of Calisthenics and its Street workout communities to the world, the Fair contributed to the recognition and popularity of alternative sports. It emphasized that fitness and athleticism can be achieved through different avenues, encouraging people to explore new sports and activities.
6. **Awareness and exposure to Calisthenics:** The fair succeeded in introducing Calisthenics and Street workout communities to a wider audience. Attendees who were unfamiliar with the sport gained awareness and exposure, discovering the potential of Calisthenics as a form of exercise and fitness.
7. **Hands-on learning and skill development:** The engaging workshops offered participants the opportunity to learn fundamental movements, advanced techniques, and proper form in Calisthenics. This hands-on learning approach empowered individuals to develop their skills and knowledge in a supportive environment.
8. **Inspiration and empowerment:** By connecting participants with inspiring figures in the Calisthenics world, the fair fostered a sense of inspiration and empowerment. Meeting renowned athletes, trainers, coaches, and influencers allowed attendees to learn from their experiences, gain valuable insights, and build confidence in pursuing their own fitness goals.
9. **Showcase of creativity and possibilities:** The spectacular shows and competitions displayed the immense creativity and range of possibilities within Calisthenics. The performances demonstrated the potential for artistic expression and showcased the strength, agility, and coordination that can be achieved through Calisthenics training. This served as motivation for attendees to explore their potential and push their boundaries.
10. **Community building and connection:** The fair provided a platform for individuals with shared interests in Calisthenics to connect and interact. Through networking opportunities and the sense of community created during the event, participants were able to build connections with like-minded individuals, fostering a supportive and encouraging environment.
11. **Promotion of a holistic approach to fitness:** The fair promoted Calisthenics as a form of exercise that encompasses not only physical strength but also mental and social well-being. The emphasis on proper form, technique, and training methodologies highlighted the importance of a holistic approach to fitness, encouraging attendees to consider the overall benefits of Calisthenics.
12. **Encouragement of active participation:** By offering an immersive and interactive experience, the fair encouraged active participation from participants. This hands-on approach allowed individuals to

engage directly with Calisthenics activities and develop a deeper understanding and appreciation for this sport.

II. **Negative lesson learned:**

1. Refereeing and judging: Based on the feedback from participants, it is evident that there is room for improvement in the referring and judging aspects of the event. Participants found the refereeing and judging to be lacking and suggested that it should be improved in future editions. This feedback indicates that there may have been issues with consistency, fairness, or clarity in the decision-making process during the event.

2. Time management: One of the key areas for improvement highlighted by participants was the importance of sticking to schedules. It appears that the event did not carry out activities as per the shared schedule, leading to dissatisfaction among participants. This indicates a need for better time management and adherence to the planned timelines to ensure a smooth and organized experience for everyone involved.

3. Communication and coordination: Participants mentioned a lack of coordination and communication between them and the organizers. This feedback suggests that there may have been challenges in effectively conveying information, addressing concerns, or providing updates to participants. Improving communication channels and ensuring effective coordination can help enhance the overall experience and satisfaction of participants.

4. Changes of rules/exercise: Participants expressed their dissatisfaction with last-minute changes in rules or exercises. Organizers need to communicate any changes in advance and provide clear explanations or justifications for such changes. This feedback highlights the importance of maintaining transparency and consistency in the rules and exercises throughout the event.

5. Award ceremony: Participants found the award ceremony process less attractive. This feedback indicates that the ceremony may have lacked excitement, engagement, or a sense of celebration. Enhancing the award ceremony experience by incorporating creative elements, recognizing participants' achievements, and making it more memorable can contribute to a more positive overall impression of the event.

6. Documentation availability: Fans expressed the lowest satisfaction with the availability of documentation. This suggests that there may have been a lack of accessible and comprehensive information or resources provided to fans during the event. Improving documentation availability, such as

event guides, schedules, rule books, or promotional materials, can help enhance the fans' understanding and engagement with the event.

7. Lack of diversity in role models: The event predominantly featured a narrow range of role models, such as renowned athletes or influencers. This limited representation may have failed to reflect the diversity of the Calisthenics community and may have hindered the participants' ability to relate to or be inspired by a broader range of individuals. Ensuring diversity in the selection of role models can foster inclusivity and provide participants with a more comprehensive perspective of the sport.

8. Overwhelming information overload: Feedback suggests that the workshops and sessions provided an excessive amount of information without appropriate guidance or structure. This resulted in participants feeling overwhelmed, leading to confusion or ineffective learning experiences. Organizers need to reach a balance in delivering information, providing clear instructions, and offering proper guidance to participants to optimize their learning and engagement.

9. Limited interaction with participants: The event lacked opportunities for meaningful interaction and engagement between attendees and instructors, athletes, or exhibitors. This limited interaction could have hindered the formation of a sense of community and personal connection among participants.

III. Recommendation:

1. Refereeing and judging:

- Implement comprehensive training programs for referees and judges to ensure consistency and fairness in decision-making.
- Establish clear guidelines and criteria for scoring and judging to enhance transparency and understanding.

2. Time management:

- Create a detailed schedule with realistic timelines and strictly adhere to it throughout the event.
- Allocate sufficient time for each activity, considering potential delays or unforeseen circumstances.

3. Communication and coordination:

- Improve communication channels between organizers and participants, such as dedicated email updates, a centralized event website, or a mobile app for real-time notifications.

- Designate a specific point of contact or a help desk to address participant inquiries and concerns promptly.

4. Changes of rules/exercise:

- Minimize last-minute rule changes unless necessary and communicate any changes well in advance.
- Clearly explain the reasons behind rule modifications to maintain transparency and manage participant expectations.

5. Award ceremony:

- Enhance the excitement and engagement of the award ceremony by incorporating dynamic visuals, live performances, or interactive elements.
- Personalize the recognition of participants' achievements to make them feel valued and celebrated.

6. Documentation availability:

- Develop comprehensive event guides or handbooks that include detailed information about the event, schedule, rules, and participating athletes.
- Ensure that the documentation is easily accessible to participants through both digital and physical formats.

7. Diversity in role models:

- Expand the range of role models showcased at the event to include individuals from different backgrounds, skill levels, and perspectives.
- Provide opportunities for lesser-known athletes and community members to share their experiences and inspire others.

8. Overwhelming information overload:

- Structure workshops and sessions to provide a clear learning progression, starting with fundamentals and gradually advancing to more complex techniques.
- Offer resources or materials that participants can take home to reinforce their learning and provide ongoing guidance.

9. **Limited interaction with attendees:**

- Incorporate interactive sessions, group activities, or networking opportunities to foster meaningful connections between participants, instructors, athletes, and exhibitors.
- Encourage instructors, athletes, and exhibitors to actively engage with attendees through Q&A sessions, workshops, or meet-and-greet opportunities.

10. **Continuous improvement feedback:**

- Establish a feedback mechanism, such as post-event surveys or suggestion boxes, to gather input from participants and stakeholders for future event planning.
- Actively listen to feedback and implement changes based on the suggestions received to continuously improve the event experience.

D. Engagement of athletes, coaches, and the public

The engagement of athletes, coaches, and the public in the EUCE | European Calisthenics Fair can be summarized as follows:

Athletes: The fair provides an opportunity for athletes from 20 different countries from Europe to come together and showcase their skills and abilities in the competitions. They have the chance to compete against each other and demonstrate the true value of sportsmanship and healthy competition. Additionally, athletes also participate in all-day informal Calisthenics activities for people of all ages and abilities, under the guidance of elite coaches and sports educators. This engagement allows athletes to interact with the public, share their knowledge, and inspire others to embrace the sport.

Coaches: Coaches play a vital role in the European Calisthenics Fair. They supervise the informal Calisthenics activities for citizens, providing guidance, support, and expertise. Coaches can showcase their coaching skills, interact with athletes and the public, and contribute to the overall promotion and development of Calisthenics. The fair acts as a platform for coaches to connect with athletes and citizens from different countries in Europe and exchange ideas and experiences.

Public: The fair aims to engage the public in various ways. All-day informal Calisthenics activities are organized to introduce citizens to the sport and help them understand the different benefits it can bring to personal well-being. The public can actively participate in these activities, under the supervision of elite coaches and sports educators. Additionally, side activities such as "Meet the Athlete", sessions, workshops, and demonstrations are organized to attract young people and create an immersive and interactive experience for the public. Citizens of all ages can come closer to athletes and coaches from

Europe and around the world, learn from them, and appreciate the real value of sports as a tool for personal development, growth, and healthy competition.

Overall, the EUCE | European Calisthenics Fair promotes engagement among athletes, coaches, and the public by providing platforms for interaction, knowledge sharing, and active participation. It aims to foster a sense of community and raise awareness about Calisthenics as a sport that brings people together while also highlighting the importance of sustainability.

I. Positive Lessons learned:

- 1. Cultural Exchange and Unity:** The fair provided an opportunity for athletes from 20 different countries in Europe to come together and showcase their skills. This fosters cultural exchange and promotes unity among athletes from diverse backgrounds. It teaches the lesson that sports can transcend boundaries and bring people together, fostering understanding and appreciation for different cultures.
- 2. Sportsmanship and Healthy Competition:** Through the competitions at the fair, athletes got a chance to compete against each other in a spirit of sportsmanship and healthy competition. They showcase their abilities while respecting and appreciating the skills of their opponents. This emphasizes the value of fair play, integrity, and respect for fellow competitors.
- 3. Inspiration and Role Modelling:** Athletes participating in the fair had the opportunity to interact with the public, share their knowledge, and inspire others to embrace the sport. They served as role models, demonstrating the benefits of dedication, hard work, and perseverance. They positively influenced and motivated others to pursue their passions and live a healthy lifestyle.
- 4. Coaching Excellence:** Coaches at the fair play a vital role in supervising activities and providing guidance to athletes and the public. The fair served as a platform for coaches to showcase their skills, exchange ideas with colleagues from different countries, and contributed to the promotion and development of Calisthenics. This highlights the importance of coaching excellence, mentorship, and the sharing of knowledge and experiences.
- 5. Community Engagement:** The fair aims to engage the public by organizing informal Calisthenics activities and side events for citizens of all ages. This encouraged active participation, allowed people to experience the sport first-hand, and promotes personal well-being.
- 6. Appreciation for Sports and Personal Development:** By interacting with athletes and coaches, the public gained a deeper understanding of the value of sports as a tool for personal development, growth, and healthy competition. They learned about the physical, mental, and social benefits that sports offer and develop an appreciation for the positive impact sports can have on individuals and communities.

7. Sustainability Awareness: The fair also highlighted the importance of sustainability, demonstrating that sports events can be organized in an environmentally responsible manner. By promoting sustainability practices, such as minimizing waste, using renewable resources, and promoting eco-friendly initiatives, the fair teaches the lesson of environmental consciousness, and the role sports can play in creating a more sustainable future.

Overall, the European Calisthenics Fair promoted values such as unity, sportsmanship, inspiration, community engagement, personal development, and sustainability. These lessons can extend beyond the fair and have a positive impact on athletes, coaches, and the public in their daily lives.

II. Negative lessons learned:

1. Unhealthy Comparison and Pressure: The fair brought together athletes from different countries, showcasing their skills and abilities in competitions. This environment created a sense of comparison and pressure among athletes, leading to feelings of inadequacy or a focus on winning at all costs. It can promote an unhealthy mindset of constantly comparing oneself to others and feeling the need to always be better, potentially impacting athletes' mental well-being.

2. Unrealistic Expectations: The public attending the fair expected exceptional performances from athletes. However, this also led to unrealistic expectations, especially if they are new to calisthenics. Setting unrealistic goals or pushing too hard without proper training and guidance can result in injuries or disappointment if the desired results are not achieved.

3. Limited Representation: While the fair aims to bring together athletes and coaches from various countries and genders, there was limited representation from some partner countries in the freestyle discipline female category. The event did not include adequate representation of all countries within this female gender category. This unintentionally perpetuates a lack of inclusivity and hinders the fair's ability to truly showcase the wide range of talent and perspectives within the calisthenics female freestyle community.

4. Communication Barrier: One of the potential negative lessons that emerged from the engagement of athletes, coaches, and the public in the EUCE | European Calisthenics Fair is the presence of communication barriers. With participants coming from different parts of Europe, language and cultural differences hinder effective communication and understanding among individuals.

5. Exclusion of Individuals with Limited Access: The fair, despite its efforts to engage the public, inadvertently excluded individuals who have limited access to the event. Geographical location, financial

constraints, or lack of awareness prevented certain members of the public from participating fully. This resulted in a missed opportunity for those individuals to benefit from the fair's activities.

6. Accepting each other: Another potential negative lesson that can arise from the engagement of athletes, coaches, and the public in the EUCE | European Calisthenics Fair is the issue of accepting each other. This occurred when the public perceives that the rules or regulations of the event were changed abruptly or without proper communication. If the rules of the fair are altered at the last minute, it may lead to confusion, frustration, and a sense of unfairness among the participants. The public may feel that their expectations were not met or that there was a lack of transparency in the decision-making process. This can create an atmosphere of distrust and hinder the overall acceptance and appreciation of each other's efforts.

III. Recommendations:

- 1. Promote a Healthy mindset:** Encourage athletes to focus on personal growth, self-improvement, and the enjoyment of the sport rather than constantly comparing themselves to others. Emphasize the value of sportsmanship, teamwork, and personal achievement.
- 2. Provide Realistic Expectations:** Educate the public about the journey of athletes and the importance of patience, consistency, and proper training. Emphasize that progress takes time and that everyone has different starting points.
- 3. Enhance Inclusivity and Representation:** Take proactive steps to ensure diverse representation from all partner countries and genders. Promote inclusivity and celebrate the unique talents and perspectives within the calisthenics community.
- 4. Language Support and Cultural Awareness:** Provide translation services, multilingual materials, or interpreters to bridge communication gaps among participants. Promote cultural awareness and sensitivity to foster understanding and effective communication.
- 5. Improve Accessibility:** Implement measures to increase accessibility for individuals with limited access, such as organizing satellite events in different locations, offering online resources, or providing financial assistance programs to enable broader participation.
- 6. Transparent Communication:** Establish clear channels of communication and ensure timely and transparent dissemination of information, including any changes to rules or regulations. Proactively communicate the reasons behind such changes to maintain trust and understanding.

7. **Educate the Public:** Conduct awareness campaigns to educate the public about the challenges and complexities of organizing an event. Help them understand the considerations involved in rule-making and decision-making processes to manage expectations and foster acceptance.
8. **Encourage Dialogue and Feedback:** Create opportunities for open dialogue between athletes, coaches, and the public. Encourage participants to provide feedback and suggestions for improvement, allowing their voices to be heard and valued.
9. **Facilitate Conflict Resolution:** Establish a structured conflict resolution mechanism to address any disputes or grievances arising from rule changes or other issues. Ensure fair and impartial procedures to resolve conflicts and maintain a harmonious environment.
10. **Promote Acceptance and Sportsmanship:** Emphasize the values of acceptance, respect, and fair play throughout the fair. Organize activities that promote interaction, collaboration, and cultural exchange to foster a sense of unity and appreciation among participants.



IV. Summary table of lesson learned.

Components	Success	Shortcoming	Recommendation
Online Free and paid Workouts(digitization)	1. Increased Accessibility: Virtual training allows individuals to participate in Calisthenics activities regardless of their location, schedule, or physical proximity to training facilities.	1. Limited Physical Interaction: The absence of in-person guidance and feedback could result in a less personalized experience and potential limitations in correcting form and technique.	1. Supplement Virtual Training with In-Person Sessions: This combination of virtual and in-person training can enhance the learning experience and ensure proper form and technique.
	2. Flexibility and Convenience: Digital tools helps Trainees to choose the time and location that best suits them, eliminating the constraints of fixed training schedules.	2. Technical Challenges: the risk of technical issues such as internet connectivity problems, audio or video glitches, or platform compatibility issues.	2. Provide Clear Technical Guidelines: Establish clear guidelines and recommendations for participants regarding internet connectivity, equipment requirements, and platform usage.
	3. Ongoing Engagement and Support: The online platforms and apps for Calisthenics has created a sense of community and ongoing support for practitioners. Coaches, athletes, and volunteers.	3. Lack of Equipment: The digital format may limit access to specialized equipment or make it challenging to demonstrate exercises that require specific apparatus.	3. Adapt Exercises for Limited Equipment: Recognize the limitations of the digital format and modify exercises to accommodate participants with limited access to specialized equipment.

	<p>4. Performance Tracking and Monitoring: Digital tools enable the tracking and monitoring of performance data over time. Practitioners can measure their progress, set goals, and make informed adjustments to their training programs. This data-driven approach enhances self-awareness, facilitates personalized training, and helps individuals stay motivated by seeing tangible improvements.</p>	<p>4. Reduced Motivation and Accountability: The absence of a group setting, or real-time interactions could lead to decreased commitment and adherence to training programs.</p>	<p>4. Demonstration Videos library: Organizers should consider providing links to video resources or creating their own instructional videos. Offer alternative formats for those with limited internet access, such as offline downloadable content or SMS-based training programs.</p>
	<p>5. Cost-effectiveness and Social Inclusion: The low-cost nature of Calisthenics, coupled with the use of digital tools, promotes social inclusion.</p>	<p>5. Potential Information Overload: Sorting through the vast amount of available content to find reliable and suitable guidance can be overwhelming and confusing.</p>	<p>5. Rest Intervals and Repetitions: Specifying appropriate rest intervals and repetition ranges for each exercise.</p>
	<p>Adaptability and Crisis Resilience: The adoption of digital tools in Calisthenics has shown its adaptability and resilience during challenging times, such as the COVID-19 pandemic.</p>	<p>6. Privacy and Security Concerns: Users need to be cautious about sharing personal information and ensure the safety and integrity of their data</p>	<p>6. Clear Exercise Instructions: It's essential to provide clear instructions for each exercise, as per the levels: beginners / Intermediates or advance.</p>

		7. Inequalities in Access: Internet connectivity, and devices across different socioeconomic groups. This disparity may limit the inclusivity and reach of virtual training for individuals who do not have adequate resources or technological infrastructure.	7. Progression and Difficulty Levels: Offering different workout routines with varying difficulty levels, like the beginner routines provided, allows participants to progress at their own pace.
			8. Duration and Frequency: Clearly indicating the duration and frequency of the workout routines helps participants plan their schedules and commit to regular exercise.
			9. Goal Setting and Progress Tracking: Encouraging participants to set specific goals and track their progress over time
			10. Flexibility and Adaptability: organizers should allow for flexibility within the workout routines.
			11. Communication and Support: Providing a platform for participants to ask questions, Organizers should establish clear channels of communication, such as email or online forums, to address participant inquiries and provide additional support when needed.

			<p>12. Hotline number (feedback of participants): Participants should be provided with a hotline number or email address through which they can share their feedback. Organizers must consistently take measures to address the feedback received from participants to ensure the proper implementation of the project.</p>
			<p>13. Foster Community and Accountability: Incorporate elements of community and accountability into the virtual training environment. Encourage participants to join online forums, social media groups, or virtual communities where they can interact with fellow trainees, share experiences, and provide support.</p>
			<p>14. Reliable and Quality Content: As an organization or platform providing digital training resources, should provide reliable, evidence-based content. Ensure that the information and training programs offered are accurate, safe, and effective. Offer recommendations for reputable trainers, coaches, or platforms.</p>

			15. Prioritize Privacy and Security: Emphasize the importance of privacy and security when using digital tools. Educate users on best practices for protecting personal information, such as using secure passwords.
A. Capacity Building: Course for elite coaches	1. Increased expertise: Through the training program, coaches acquired advanced knowledge and skills in calisthenics training.	1- Lack of follow-through: some coaches could not effectively implement these strategies after the project concludes.	1- Follow-up and accountability: Implement a system to monitor and follow up with coaches after the project concludes.
	2. Networking opportunities: Coaches exchanged ideas, learned from one another, and build valuable professional connections, fostering a sense of community within the calisthenics discipline.	2- Limited impact beyond participating coaches: The training program does not have a wide enough impact to create a significant shift in promoting calisthenics across Europe.	2- Expand the reach: Consider strategies to extend the impact of "Calisthenics Ambassadors" beyond their immediate circles. Utilize online platforms and social media to reach a broader community.
	3. Enhanced athlete support: B. Coaches offered guidance, motivation, and tailored training programs to help athletes perform at their best during the fair.	3- Inadequate resources for continued support: Without access to updated materials, mentorship, or ongoing training opportunities, coaches may struggle to sustain their ambassadorial role in the long term.	3- Continued support and resources: Provide ongoing resources, such as updated training materials, mentorship programs, and access to additional training opportunities.

	<p>4. Outreach and motivation: Coaches received common guidelines on how to engage with users and motivated them to embrace calisthenics.</p>	<p>4- Cultural and language barriers: Communication and understanding were found challenging, hindering effective knowledge transfer and collaboration among coaches from diverse backgrounds.</p>	<p>4- Address cultural and language barriers: Offer translation services, promote cross-cultural understanding, and encourage coaches to share their unique perspectives and experiences.</p>
	<p>5. Formation of ambassadors: The training program aims to create "Calisthenics Ambassadors" in Europe. By imparting knowledge, skills, and guidelines, coaches become ambassadors for the discipline, promoting calisthenics as an inclusive and effective training method.</p>	<p>5- Varied quality of training: Differences in the trainers' expertise, training methodologies, and resources available in each country led to discrepancies in the effectiveness of the training received by coaches.</p>	<p>5- Standardize training quality: Provide comprehensive training materials and conduct regular evaluations to identify areas for improvement and address any discrepancies.</p>
	<p>6. Effective training programs: Coaches gained insights into delivering effective training programs that catered individuals of all ages and abilities.</p>	<p>6- Lack of measurable impact: The training program did not have a robust system in place to measure the impact and effectiveness of the coaches' efforts as "Calisthenics Ambassadors."</p>	<p>6- Measure impact: Develop a robust evaluation framework to measure the impact and effectiveness of the coaches' efforts as "Calisthenics Ambassadors." This can include collecting data on user engagement, participation rates, and feedback from practitioners.</p>
	<p>7. Long-lasting impact: The focus of the training was not solely on the event but also on the post-event engagement. By equipping coaches with the skills to engage with and motivate users.</p>	<p>7- Potential resistance or disinterest: some coaches lack the motivation to actively engage with and motivate users.</p>	<p>Incentives and recognition: Create a system that recognizes and rewards coaches for their efforts as "Calisthenics Ambassadors." This can include certifications, awards, or opportunities for professional growth</p>

			within the calisthenics community.
Calisthenics sport Events Implementation	1. Promoting a healthy and active lifestyle: It encouraged individuals to engage in bodyweight exercises and adopt a more active lifestyle, promoting physical well-being.	1. Refereeing and judge: Based on the feedback from participants, it is evident that there is room for improvement in the referring and judging aspect of the event.	1. Refereeing and judge: <ul style="list-style-type: none"> • Implement comprehensive training programs for referees and judges to ensure consistency and fairness in decision-making. • Establish clear guidelines and criteria for scoring and judging.
	2. Inspiration and motivation: Attendees had the chance to meet and learn from some of the most inspiring figures in the Calisthenics world.	2. Time management: One of the key areas for improvement highlighted by participants was the importance of sticking to schedules.	2. Time management: <ul style="list-style-type: none"> • Create a detailed schedule with realistic timelines • Allocate sufficient time for each activity, taking into account potential delays or unforeseen circumstances.
	3. Spectacular shows and competitions: The Fair showcased spectacular performances and competitions that demonstrate the incredible physical abilities and creativity of Calisthenics practitioners.	3. Communication and coordination: Participants mentioned a lack of coordination and communication between them and the organizers.	3. Communication and coordination: <ul style="list-style-type: none"> • Improve communication channels between organizers and participants. • Designate a specific point of contact or a help desk to address participant inquiries and concerns promptly.

	<p>4. Cultural exchange and diversity: People from different backgrounds shared their experiences, techniques, and perspectives on Calisthenics, promoting diversity and fostering a global community.</p>	<p>4. Changes of rules/exercise: It is essential for organizers to communicate any changes in advance and provide clear explanations or justifications for such changes.</p>	<p>4. Change in rule of exercises:</p> <ul style="list-style-type: none"> Minimize last-minute rule changes unless absolutely necessary and communicate any changes well in advance. Clearly explain the reasons behind rule modifications to maintain transparency and manage participant expectations.
	<p>5. Promotion of alternative sports: It emphasized that fitness and athleticism to be achieved through different avenues, encouraging people to explore new sports and activities.</p>	<p>5. Award ceremony: Participants found the award ceremony process less attractive. This feedback indicates that the ceremony may have lacked excitement, engagement, or a sense of celebration.</p>	<p>5. Award ceremony:</p> <ul style="list-style-type: none"> Enhance the excitement and engagement of the award ceremony by incorporating dynamic visuals, live performances, or interactive elements. Personalize the recognition of participants' achievements.
	<p>6. Awareness and exposure to Calisthenics: The fair succeeded in introducing Calisthenics and Street workout communities to a wider audience.</p>	<p>6. Documentation availability: Fans expressed the lowest satisfaction with the availability of documentation. This suggests that there may have been a lack of accessible and comprehensive information or resources provided to fans during the event.</p>	<p>6. Documentation availability:</p> <ul style="list-style-type: none"> Develop comprehensive event guides or handbooks that include detailed information about the event, schedule, rules, and participating athletes. Ensure that the documentation is easily accessible to participants through both digital and physical formats.

	<p>7. Hands-on learning and skill development: The engaging workshops offered participants the opportunity to learn fundamental movements, advanced techniques, and proper form in Calisthenics.</p>	<p>7. Lack of diversity in role models: The event predominantly featured a narrow range of role models, such as renowned athletes or influencers. This limited representation may have failed to reflect the diversity of the Calisthenics community and may have hindered the participants' ability to relate to or be inspired by a broader range of individuals.</p>	<p>Diversity in role models:</p> <ul style="list-style-type: none"> • Expand the range of role models showcased at the event to include individuals from different backgrounds, skill levels, and perspectives. • Provide opportunities for lesser-known athletes and community members to share their experiences and inspire others.
	<p>8. Inspiration and empowerment: By connecting participants with inspiring figures in the Calisthenics world, the fair fostered a sense of inspiration and empowerment.</p>	<p>8. Overwhelming information overload: Feedback suggests that the workshops and sessions provided an excessive amount of information without appropriate guidance or structure.</p>	<p>8. Overwhelming information overload:</p> <ul style="list-style-type: none"> • Structure workshops and sessions to provide a clear learning progression, starting with fundamentals and gradually advancing to more complex techniques. • Offer resources or materials that participants can take home to reinforce their learning and provide ongoing guidance

	<p>9. Showcase of creativity and possibilities: The performances demonstrated the potential for artistic expression and showcased the strength, agility, and coordination that can be achieved through Calisthenics training. This served as motivation for attendees to explore their own potential and push their boundaries.</p>	<p>9. Limited interaction with attendees: The event lacked opportunities for meaningful interaction and engagement between attendees and instructors, athletes, or exhibitors.</p>	<p>9. Limited interaction with attendees:</p> <ul style="list-style-type: none"> • Incorporate interactive sessions, group activities, or networking opportunities to foster meaningful connections between participants, instructors, athletes, and exhibitors. • Encourage instructors, athletes, and exhibitors to actively engage with attendees.
	<p>10. Community building and connection: Through networking opportunities and the sense of community created during the event, participants were able to build connections with like-minded individuals, fostering a supportive and encouraging environment.</p>		<p>10. Continuous improvement feedback:</p> <ul style="list-style-type: none"> • Establish a feedback mechanism, such as post-event surveys or suggestion boxes, to gather input from participants and stakeholders for future event planning. • Actively listen to feedback and implement changes based on the suggestions received to continuously improve the event experience
	<p>11. Promotion of a holistic approach to fitness: The emphasis on proper form, technique, and training methodologies highlighted the importance of a holistic approach to fitness, encouraging attendees to consider the overall benefits of Calisthenics.</p>		

	<p>12. Encouragement of active participation: . This hands-on approach allowed individuals to engage directly with Calisthenics activities and develop a deeper understanding and appreciation for the sports.</p>		
Engagement of athletes, coaches and the public	<p>1. Cultural Exchange and Unity: The fair provided an opportunity for athletes from 20 different countries in Europe to come together and showcase their skills. It teaches the lesson that sports can transcend boundaries and bring people together, fostering understanding and appreciation for different cultures.</p>	<p>1. Unhealthy Comparison and Pressure: The fair brought together athletes from different countries, showcasing their skills and abilities in competitions. This environment created a sense of comparison and pressure among athletes, leading to feelings of inadequacy or a focus on winning at all costs.</p>	<p>1. Promote a Healthy Mind-set: Encourage athletes to focus on personal growth, self-improvement, and the enjoyment of the sport rather than constantly comparing themselves to others. Emphasize the value of sportsmanship, teamwork, and personal achievement.</p>
	<p>2. Sportsmanship and Healthy Competition: Through the competitions at the fair, athletes got a chance to compete against each other in a spirit of sportsmanship and healthy competition. They showcase their abilities while respecting and appreciating the skills of their opponents.</p>	<p>2. Unrealistic Expectations: The public attending the fair expected exceptional performances from athletes. However, this also led to unrealistic expectations, especially if they are new to calisthenics.</p>	<p>2. Provide Realistic Expectations: Educate the public about the journey of athletes and the importance of patience, consistency, and proper training. Emphasize that progress takes time and that everyone has different starting points.</p>

	3. Inspiration and Role Modelling: Athletes participating in the fair had the opportunity to interact with the public, share their knowledge, and inspire others to embrace the sport.	3. Limited Representation: While the fair aims to bring together athletes and coaches from various countries, there was limited representation from all partner countries.	3. Enhance Inclusivity and Representation: Take proactive steps to ensure diverse representation from all partner countries and genders.
	4. Coaching Excellence: Coaches at the fair play a vital role in supervising activities and providing guidance to athletes and the public. The fair served as a platform for coaches to showcase their skills, exchange ideas with colleagues from different countries.	4. Communication Barrier: With participants coming from different parts of Europe, language and cultural differences hinder effective communication and understanding among individuals.	4. Language Support and Cultural Awareness: Provide translation services, multilingual materials, or interpreters to bridge communication gaps among participants. Promote cultural awareness and sensitivity to foster understanding and effective communication.
	5. Community Engagement: The fair aims to engage the public by organizing informal Calisthenics activities and side events for citizens of all ages. This encouraged active participation, allowed people to experience the sport first-hand, and promotes personal well-being.	5. Exclusion of Individuals with Limited Access: The fair, despite its efforts to engage the public, inadvertently excluded individuals who have limited access to the event, due to geographical location, financial constraints, or lack of awareness, prevent certain members of the public from participating fully.	5. Improve Accessibility: Implement measures to increase accessibility for individuals with limited access, such as organizing satellite events in different locations, offering online resources, or providing financial assistance programs to enable broader participation.

	<p>6. Appreciation for Sports and Personal Development: By interacting with athletes and coaches, the public gained a deeper understanding of the value of sports as a tool for personal development, growth, and healthy competition. They learned about the physical, mental, and social benefits that sports offer and develop an appreciation for the positive impact sports can have on individuals and communities.</p>	<p>6. Accepting each Other: The public in the European Calisthenics Fair is the issue of accepting each other. This occurred when the public perceives that the rules or regulations of the event were changed abruptly or without proper communication.</p>	<p>6. Transparent Communication: Establish clear channels of communication and ensure timely and transparent dissemination of information, including any changes to rules or regulations. Proactively communicate the reasons behind such changes to maintain trust and understanding.</p>
	<p>7. Sustainability Awareness: The fair also highlighted the importance of sustainability, demonstrating that sports events can be organized in an environmentally responsible manner.</p>		<p>7. Educate the Public: Conduct awareness campaigns to educate the public about the challenges and complexities of organizing an event.</p>
			<p>8. Encourage Dialogue and Feedback: Create opportunities for open dialogue between athletes, coaches, and the public.</p>
			<p>9. Facilitate Conflict Resolution: Establish a structured conflict resolution mechanism to address any disputes or grievances arising from rule changes or other issues.</p>
			<p>10. Promote Acceptance and Sportsmanship: Emphasize the values of acceptance, respect, and</p>

			fair play throughout the fair.
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