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## **EUCE | CALISTHENICS, A SAFE, HEALTHY AND EASY SPORT FOR EVERYONE**

European Calisthenics Fair 2023 Amsterdam de Rai.

ERASMUS-SPORT-2021-SNCESE PROJECT ID: 101049455

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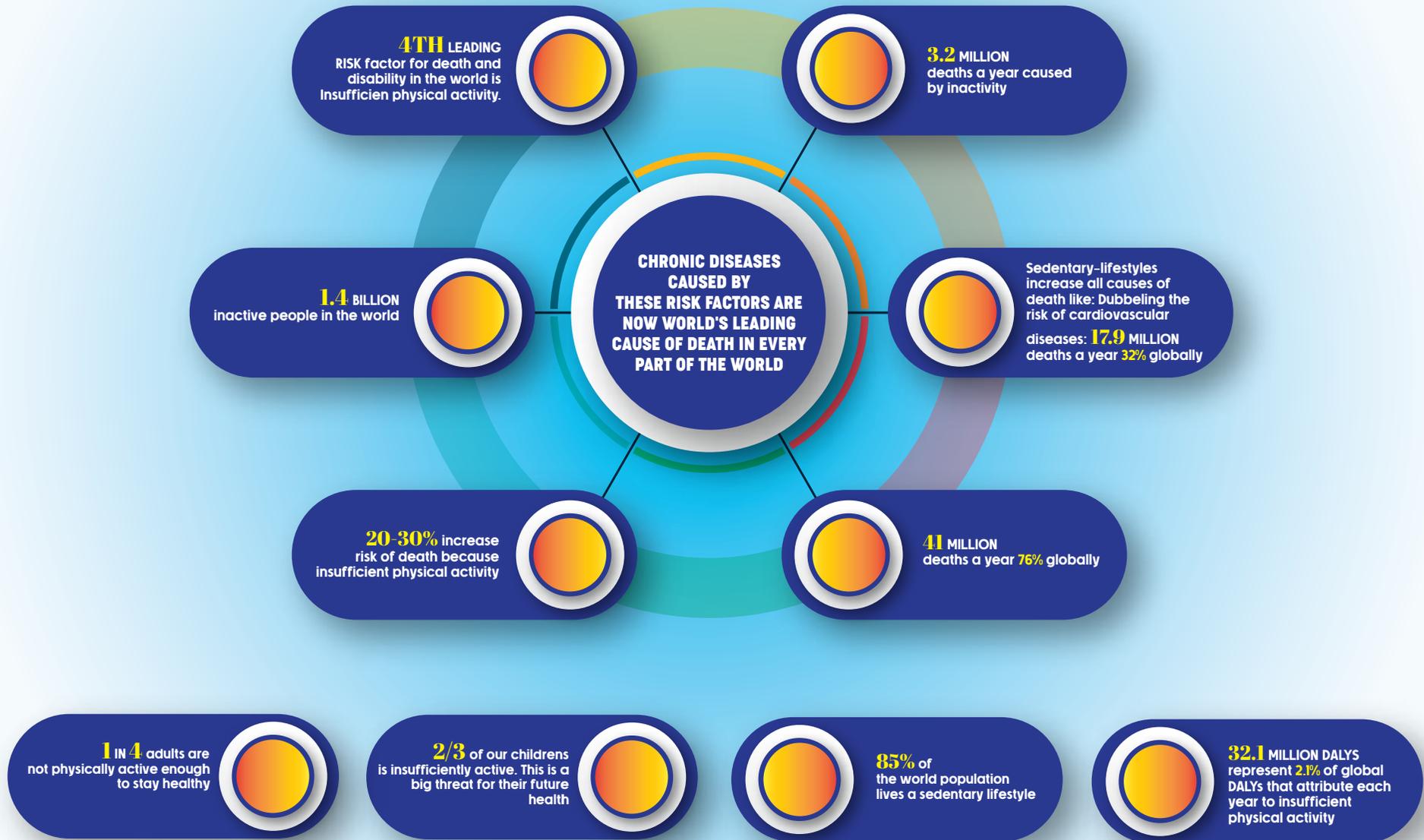
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## BACKGROUND AND GENERAL OBJECTIVES:

Inactivity among the population is increasing worldwide, resulting in physical and health shortages in later life. A social problem that we must work on together for a healthier society, especially to help the mental and physical resilience after the Covid-19 pandemic, which severely affected the regular physical exercise during the lockdown measures. This problem is not confined to certain locations. It is a global issue that is being witnessed across the world, in developed and developing countries alike. In certain countries, the fall in physical activity among the population is forecast to be as high as 51 per cent by 2030. This is a serious threat to the general health and well-being of the population, which will result soon in increased dysfunctions such as obesity, stress, etc. Europe's Beating Cancer Plan (2021) highlights how physical inactivity increases cancer risk.

Facing these challenges, the project will implement a European-wide sport event in Amsterdam de Rai to promote the regular practice of Calisthenics in the European population as a means to improve health, physical exercise and sports practice at every level, especially of the most vulnerable citizens. For this reason, the project addresses the call priority **“Encouraging the participation in sport and physical activity”**.

# PROBLEMS HEALTH





# THE SOLUTION

## PHYSICAL ACTIVITY:

Prevents 4 million early deaths Worldwide each year

## THE CALISTHENICS METHODOLOGY:

The solution to health and exercise. A complete book, e-book and courses about the methodology of calisthenics.

## CERTIFIED COACHES:

To educate newly certified calisthenics instructors through a european wide standardised instructors course. We train and educate people how to teach others to exercise in a fun, safe and correct way through a program for all ages and abilities.

## EXERCISE PROGRAMS:

Municipalities / schools / outdoor parks / indoor gyms / sports clubs and online. Easy and accessible. For all ages, levels and abilities. To get society active with physical exercises just with their own bodyweight from anywhere in the world.

## ONLINE PLATFORM:

Global platform for all calisthenics sports. Online and virtual workouts, education courses, competitions and community. Website + app.

## AFFILIATES:

Commercial and non-profit affiliates. To create a healthy and active global community through calisthenics specialists we will increase the number of members and contribute to a new sustainable revenue generating sports model

## CALISTHENICS PARKS:

Construction of multifunctional calisthenics sports facilities to stimulate physical activities in a safe way through affiliates anywhere in the world. We construct public calisthenics parks and organise with the affiliates exercise programs and competitions on these accomodation inside the municipalities.

# ORIGIN



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Calisthenics has its origins in Greek Antiquity and means “Beautiful strength”. Back in an era where the first Olympic Games were held in the city of Olympia as an example of human ability. It is a sport that focuses on training and exercising by using your body weight as resistance. This is done through push, pull, bend, jump and swing exercises. The goal is to increase muscle strength, muscle mass, mobility/flexibility and endurance. Well-known exercises in this Street Workout sport are push-ups, pull-ups, dips, muscle-ups.

Calisthenics is very simple to exercise, a sport easily accessible for young and old people simply by using the body weight, at every level and wherever you live, without costs and in full respect of the environment. Calisthenics can inspire and stimulate people of any age and physical condition to exercise. It is also a self-organized physical activity for recreational purposes, which is recommended and promoted by the [EU Physical Activity Guidelines](#).



Physical Health



Positive Mindset



Balance  
and Mobility



Accessibility

An increased sport practice through widespread access to outdoor, indoor and online Calisthenics will support the recovery from the Covid-19 pandemic, boosting health-enhancing physical activity after the lockdown and the restrictions to the sport practice. By learning new movement patterns and skills in a different environment, Calisthenics stimulates the brain (frontal cortex) and activates every muscle, providing new, complex and cognitively challenging stimulation. It is practiced with a never giving up attitude and always believing that we can improve what creates a very powerful and positive mindset. Calisthenics requires being “mindful” about what you are doing, full attention and focus, discipline and perseverance and challenges you to get the best out of yourself: in a few words, it helps develop his/her self. As an example, Calisthenics is used as a part of the reintegration process of inmates in prison in the USA



**Outdoor  
Indoor**



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**prison**

# CALISTHENICS



## REINTEGRATION PROCESS OF INMATES IN PRISON IN THE USA



# CALISTHENICS TRAINING METHODOLOGY



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Due to its approachability and versatility, Calisthenics can be practised by anyone without boundaries of race, religion, gender, sexual orientation, age, socio-economic status, physical or mental abilities, is accessible and not linked to opening hours: Calisthenics is a real sport for all. As it does not require any cost, it is particularly suitable for low socio-economic groups.

Enjoying it outdoors in specific equipped areas, even individually and in non-organised contexts, is another success factor of this sport. These characteristics of Calisthenics will support the achievement of the **'Inclusive Erasmus+' priority, as well as the promotion of grassroots sport and health-enhancing physical activity, in line with the EU Work Plan for Sport (2021-2024)**.

Its access in multiple environments (parks, natural environments, gym, online, etc.), flexibility, motivation for practicing beyond the competition – such as health and well-being – and deinstitutionalization makes Calisthenics an attractive non-traditional sport model. This innovative approach to the sport practice can contribute to strengthening the recovery and the crisis resilience of the sport sector after the COVID-19 pandemic, which is one of the main goals of the **EU Work Plan for Sport**.

# SPORT4ALL



**Natural environments**



**Gym**



**Online**



**Parks**



**Parks**

# EU INSTRUCTORS COURSE



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The health benefits of Calisthenics are multiple, especially in terms of motor skills such as balance, mobility and coordination. As only body weight is used as resistance, this also means that the risk of injuries is considerably smaller. Other recognized benefits are improved mental health and self-esteem, reduced anxiety and stress, and improved nutritional habits. Persons with a disability can improve their motor skills. The Calisthenics training method can guide anyone to his/her personal best, including the right way and amount of exercise, healthy nutrition, right recovery and sleep.

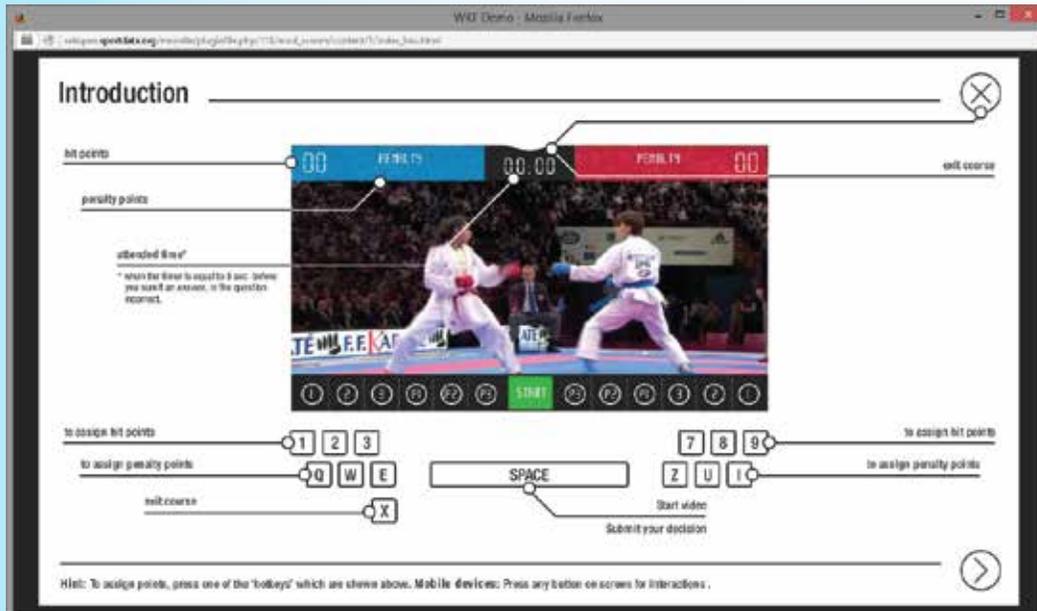
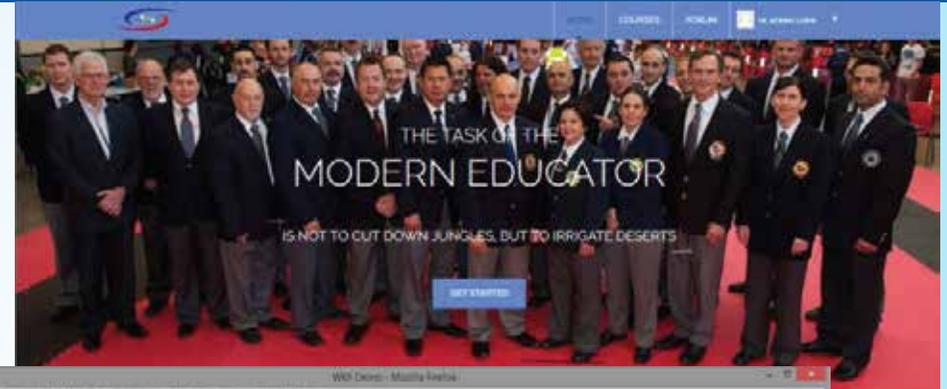
On the other hand, the successful and correct exercise of Calisthenics training methods requires the application of common guidelines and standards, which are currently still fragmented and often decided individually by the coaches. For this reason, the project will also include training workshops and exchange of practices between the elite coaches of the ten involved countries with a view of developing a single standard training throughout Europe. Enhanced skills and common guidelines are key to attract more practitioners.

The project addresses the call objective **'Encouraging the participation in sport and physical activity', by fostering a widespread practice of Calisthenics, a grassroots sport easily accessible to everyone without cost and in harmony with the environment.** By making extensive use of digital tools, the priority **'Digital Erasmus+'** will also be addressed. Calisthenics is a digital sport, where athletes and coaches from an online community inside the platform **[www.thecalisthenicsclub.com](http://www.thecalisthenicsclub.com)**. An innovative sport model, where the exercise and competitions will be promoted through e-competitions and e-training, or online tutorials.

# E-Learning Solution

## E-Learning for

- ➔ Referee-Education, exams and training
- ➔ Coach License
- ➔ Live Scoring tools based on real situations



# E-Competitions

## PARTICIPATION PROCESS



# NEEDS:

The project is driven by the growing development of different trends/needs:



The number of citizens that do not practice sport is growing. According to the Eurobarometer, nearly half (46%) of Europeans never exercise or play sport, and that proportion has increased since 2009. Only 7% exercise at least five times per week, and a high number of adults spend more than 5 h/day sitting, which could be an independent risk factor for mortality. Combined with the fact that these developments pose huge challenges in terms of well-being and economic cost, it is clear that something must be done.



Currently, we notice an increasing number of people that are migrating into urban areas. By 2050, 70 percent of the world's population is forecast to live in cities. As a result, cities are facing an increased responsibility to promote and support physical activity among their population. This will extend to many aspects of municipal management including sustainable infrastructure and public spaces, programs, social inclusion of people at risk of exclusion. In addition, the Covid-19 pandemic has reinforced the need for practicing physical activity in light, ad-hoc settings or free outdoor activities, especially in towns. Out of necessity, people are looking for alternatives to exercise outside. Calisthenics is pre-eminently a sport to meet this need and an example of 'green' sport, expanding the sport practice to less formal and more flexible contexts and being easily practiced in outdoor playgrounds inside urban parks. In the Netherlands alone, 200 Calisthenics parks.





People are more likely to exercise individually or in self-formed groups and at non-traditional locations, including digital and online environments. This is related to individualization and flexibilization, developments that will continue in the future. Half of all athletes organized their own sports moments in 2014 (Tiessen-Raaphorst, 2015).



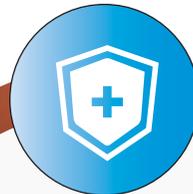
Being Calisthenics still a young sport, it is necessary to increase the number of persons practicing it. This expected growth in popularity should be accompanied by the standardization of rules, training methods and programmes so that this sport can

## SPECIFIC OBJECTIVES



### SP. OBJ. 1 (LINKED TO NEED 1)

Promote sport, health-enhancing physical activity and exercise of people of any age through the organization of one EU-wide Calisthenics event with athletes, coaches, public authorities, volunteers, citizens, and supporters from all over Europe. Indicator: one EU-wide sport event in Amsterdam with the participation of at least 180 participants (coaches and athletes) coming from the 9 partner countries, plus a daily attendance of 5.000 to 8.000 participants and visitors from the Netherlands and neighboring countries (Germany, Belgium, Luxembourg, etc.)



### SP. OBJ. 2 (LINKED TO NEEDS 2 AND 3)

Increase the recovery and resilience from Covid-19 through enhanced practice of Calisthenics, virtual online training and competitions. Indicator: increased number of Calisthenics practitioners; number of access to the e-competitions and e-training on the online platform.)



### SP. OBJ. 3 (LINKED TO NEED 2)

Increase the social inclusion through sport of persons at risk of exclusion, such as the elderly and people with disabilities. Indicator: enhanced participation rate of these categories in Calisthenics activities (target: +10% compared to the beginning of the project).



**SP. OBJ. 4 (LINKED TO NEED 2)**

Increase the environmental dimension of sport in urban areas.  
Indicator:  
number of new Calisthenics parks built in the Netherlands and other partner countries (target: at least 50 within 1 year after the project ends).



**SP OBJ. 5 (LINKED TO NEED 4)**

Increase the visibility of Calisthenics in Europe.  
Indicators:  
increased individual membership of the 10 partner organizations (target: +10%); increased followers in the social media and internet pages of Calisthenics (target: +20%).



**SP OBJ. 6 (LINKED TO NEED 4)**

Enhanced professional profiles of elite coaches.  
Indicator:  
100 trained coaches before the sport event (10 per partner country).

## COMPLEMENTARY WITH OTHER ACTIONS AND INNOVATIONS

Calisthenics is a relatively new sport discipline, although deeply rooted in Ancient Greece, and still practiced in an amateur environment. For this reason, no international or European projects have been implemented, but most of the activities have remained local or national. One of the few transnational initiatives on the field is the International Street Sport Agreement, promoted by the applicant (The Calisthenics Club) and signed by more than 40+ countries in the world. This Agreement, based on the

International Olympic Committee (IOC) principles, is the umbrella document for all national sports federations, associations, sports clubs, and organizers regarding Calisthenics / Street Workout / Streetlifting or any other type of body weight competitive discipline related to Calisthenics movements. Inside this framework, the parties have committed themselves to be part of the unified universal sport and work and have developed a common promotional strategy and standards that will be used during the project.

The project also makes use and improves existing digital tools currently used by the Calisthenics community, such as the online platform [www.thecalisthenicsclub.com](http://www.thecalisthenicsclub.com) developed by the project coordinator to allow online competitions or training to any European (or global) citizen and athlete. In recent years, the project coordinator has set up several youth projects in the Netherlands with non-profit governmental sports institutions to create social inclusion for disadvantaged youth through Calisthenics: as an example of this collaboration, whose experience will be used in this project, we can mention the joint activities of TCC with **Universities Radboud-Uni and Vu-Amsterdam, Sportiefzeist <https://sportiefzeist.nl>, Sportimpuls <https://sportimpuls.nl/>, MeanderOmnium <https://meanderomnium.nl/>, Sport Utrecht and The Erasmus+ program of the European Union.** Through these projects, we provide Calisthenics workshops in schools through the Netherlands and work with neighborhood coaches in urban areas populated by minorities to support their inclusion through Calisthenics. This collaboration, whose experience will be used in this project, we can mention joint activities of TCC with Universities, Radboud-Uni, Vu-Amsterdam, **Municipality of Zeist <https://www.zeist.nl>**, etc .



# INNOVATION

The proposed project is the first transnational project on Calisthenics Co-funded at the EU level and by the Erasmus+ programme. This would open the access to EU funds to sport clubs and entities that are new to the Erasmus+ sport instrument and to a non-traditional grassroots sport that is still developing but has great potentialities of growth in all age ranges and all segments of citizenship.

Secondly, we propose an innovative sport model based on high flexibility, intergenerational exchange, open access to everyone, combination of online offer with physical exercise in parks, at home or any other location, and focus on elements such as health and fun rather than professional competition. This is the model of sport of the future, where the human and social dimension is the main value to be promoted.



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# Erasmus+ Structure - 2021-2027

## Key Action 1

Learning mobility of individuals

Student mobility

Staff mobility

## Key Action 2

Cooperation among organisations and institutions

Partnerships for Cooperation

Partnerships for Innovation

Partnerships for Excellence

## Key Action 3

Support to policy development and cooperation

Support for Public Policy Reform



## Jean Monnet Actions

Modules

Chairs

Centres of excellence

Networks





# ONLINE ACADEMY

The use of digital tools during the activities and beyond, such as the promotion of virtual training, is a strong innovation for the sport sector. Virtual training means that coaches and trainees will meet and exercise online live through ZOOM video-conferencing, tv streaming with Chromecast or pre-recorded videos. This method ensures that Calisthenics can be practiced anytime and anywhere. The online Calisthenics platform [www.thecalisthenicsclub.com](http://www.thecalisthenicsclub.com) and a new app will give all the practitioners, from elite coaches to athletes to volunteers, to dialogue and continue the programme even after the end of the sport event and monitor their performance data in time. Finally, the 'light format' of Calisthenics and its accessibility to low-income citizens due to the lack of costs brings a social innovation in terms of inclusion of the most disadvantaged categories through health-enhancing physical activity for everyone.





# TRANSNATIONAL DIMENSION

The transnational dimension is ensured by the participation of elite coaches, athletes and volunteers from at least ten European countries. The international promotion of the not-for-profit European sport event will be further boosted by the engagement of the International Street Sport Agreement, a network of Calisthenics and Streetlifting associations based in 40+ countries of the world, for a total of 66 members and 20 other affiliated organizations (total: 86 stakeholders).

Each of the involved organizations has a membership structure, which also facilitates the transmission of the results to several thousands of stakeholders, athletes, clubs and coaches. Outside the consortium the project involves informally 44 stakeholder organizations (sport clubs, federations, etc.) from different countries, such as Belgium, Croatia, USA, Canada Germany, Australia, Nepal, India, Morocco, Senegal and UK: these organizations are already committed to adopting the results and promoting them to their affiliated athletes and coaches.



Source <https://thecalisthenicsclub.com/sport/>



Source <https://thecalisthenicsclub.com/sports-chart/>

# TRANSFER OF RESULTS

The Calisthenics movement is active in over 40+ countries in the world, which are all represented in the International Street Sport Agreement by their national federations. The results will be automatically adopted inside this network (86 different organizations throughout the world) and used to reinforce the standardization of this sport and the training programmes of its affiliated Calisthenics clubs around the world. The expected enlargement of the Agreement to other countries shortly will bring additional multipliers to the exploitation of the results. Each of the involved organizations has a membership structure, which also facilitates the transmission of the results to several thousands of stakeholders, athletes, clubs and coaches. Outside the consortium the project involves informally 44 stakeholder organizations (sport clubs, federations, etc.) from different countries, such as Belgium, Croatia, USA, Canada Germany, Australia, Nepal, India, Morocco, Senegal and UK: these organizations are already committed to adopting the results and promoting them to their affiliated athletes and coaches. The online platform [www.thecalisthenicsclub.com](http://www.thecalisthenicsclub.com) will ensure permanent access to all the developed material and the recordings of the EU-wide sport event, thus reaching an online audience of thousands of people.



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# CONCEPT AND METHODOLOGY

## European Calisthenics Fair 2023



Competitions, shows and over 144 workshops during EUCE 2022 focused on:



The idea behind the project is the organization of a European-level sport event of Calisthenics to promote and encourage an enlarged sport practice in the European population. This is done with several actions on different levels, from the engagement of coaches and volunteers to an intense marketing and promotional activity.

Inconcrete, the project will be developed in various phases, each one using specific methodologies and achieving concrete targets towards the project overall goal.

The EUCE | EU Calisthenics Fair 2023 is a two-day bodyweight not-for-profit sport event for Street Workout and Streetlifting athletes, youth, persons with disabilities, a professionals in the fitness industry. The event distinguishes itself from traditional fitness and wellness sports, through education, inclusion, inspiration and participation. The program consists of 144+ workshops, Calisthenics Freestyle, Strength, Endurance and Streetlifting competitions, and entertaining shows by well-known athletes. Top elite coaches will share their knowledge in the field of training, mindset and nutrition in an inspiring way during the event. Professionals will provide educational workshops and master classes on sports innovations through Calisthenics for gyms, boutique studio owners, personal trainers and non-profit governmental sport institutions. All this, in combination with an energetic innovative exhibition floor of 2000 m2 in Amsterdam Rai the Elicium, makes the EU Calisthenics event 2023 a unique lifetime experience of bodyweight sports.

# EUCF23 | EUROPEAN CALISTHENICS FAIR 2023



**FREESTYLE**



**STATICS**



**STREETLIFTING**



**STREETLIFTING**



**STRENGTH ENDURANCE**



**YOUTH**



**PARA WORKOUT**



**WORKSHOPS**



**CONFERENCES**



**TALENT SHOWS**



**CALISTHENICS DANCE**



**PRESS CONFERENCE**

# 10 EU COUNTRIES



A first methodology is the promotion in the 10 partner countries – and beyond - of the international sport event. This is a preliminary step to give wider public visibility, the reach out to a maximum number of stakeholders and individuals and to stimulate interest in Calisthenics. A multi-channel promotional and marketing strategy will be used. Online advertising, press campaigns, social media engagement, promotional gadgets and the involvement of Calisthenics influencers around the world collectively contribute to reaching out to thousands of interested citizens and stakeholders.



**France**  
FNSWC



**Italia**  
CSWI



**Greece**  
ESDT



**Bulgaria**  
SWBG



**Serbia**  
PSU



**Portugal**  
ASWCA



**Romania**  
FSW



**Latvia**  
SWL



**Ireland**  
CI



**Netherlands**  
TCC

# CALISTHENIC AMBASSADORS



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A second methodology concerns the preparation and training of coaches in 10 countries. They will be informed on the project sport event and how to support athlete and practitioners, but they will also receive common guidelines on how to engage themselves after the project in reaching out to and motivating more users, and in delivering effective training programmes. In other words, the training will not be finalized to participate in the project but will have the goal of forming true **“Calisthenic Ambassadors”** in Europe



Source: Vadym Oleynik - Vitaliy Feschuk -  
Paco Podunajec -Southfields - Endemolshine



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# DIGITAL ERASMUS+

A third methodology is the development of a digital strategy to extend the international net working inside the Calisthenics movement and provide an online offer such as e-competitions, tutorials and training (e-learning) virtual support via the online platform [www.thecalisthenicsclub.com](http://www.thecalisthenicsclub.com). The consortium believes in the enormous potential of digitalisation for the improvement of the sport offer and the attraction of certain segments of the public, such as the young people. Supporting the sport event in presence with virtual tools (an online platform and an app) will be vital to increasing the access channels to the Calisthenics community of practitioners and to keep athletes and citizens informed through live streaming, making them feel as part of the project event by simply connecting from home. Even more, these digital products will help in maintaining the connections between participants even after the project, stimulating online training and competitions. Digitalisation is one of the main priorities of Erasmus and we want to give our contribution to achieve it in the sport sector.



# VOLUNTEERS

Volunteering is an essential element in grassroots sports. For this reason, the project will engage and train local volunteers in the Netherlands who will provide their support in the promotion, organization and implementation of the 2-day sport event. The 2-day sport event will be organized on different levels: A competition divided into three different athletes' categories will be held: senior persons with disabilities, youth. Each category will also have a male and female tournament. These competitions will be structured in a qualifying knock-out system with different rounds until the final.

## EVENT TECHNOLOGY

The company Sport Data (<https://www.sportdata.org>) will provide its sport even technology management system, a software used by the Olympic sports, FIFA an other international sport federations. Sportdata has a total of 1 Billion hits per year of event systems and over 500.000 subscribers on its platform. This digital technology will provide, among other features, online management of the knock-out system, with live recording of points, winners and results and the real-time update of the ranking systems (points, etc.) both on the competition pitch and in digital tools. This element will further support the digitalisation strategy of our project.



1 billion hits per year



500.000 subscribers

# ELCF23 SPORT @ STREET ACTIVITIES

Besides the competitions, all-day informal Calisthenics activities for young and elder people and persons with disability will be organized under the supervision of elite coaches and sport educators. This second format will introduce citizens at large to the sport and make them understand the different benefits it can bring for personal well-being. Side activities will complete the event programme: *'Meet the athletes' sessions, movie sessions, workshops, DJ shows to attract young people, virtual and marketing areas. The most famous Calisthenics influencers in the world, coming from the USA, Bulgaria, Ukraine, Brazil, the Netherlands and Spain, will be the special guest of the event: their participation is strategically important to ensure the widest possible public audience and citizens' engagement, given also their strong presencon social media channels and their millions of followers. Talent shows athletes who participaed in national TV programmes will also be invited.*

The project is conceived not only as a pure sport event but as an occasion where athletes, coaches and citizens from different countries meet in an informal way and around the common interest in Calisthenics. The event in Amsterdam will be the moment in which citizens of any age come closer and familiarize themselves with athletes and coaches from all over Europe and the world, who will transmit to them the real value of sport not as a business but as a tool for personal development, growth and healthy competition.

The project complies with the **Green Erasmus+ priority**. Calisthenics, being based on body weight, is an environmental-friendly sport that does not release CO2 emissions. Additionally, the activity can be practiced in ad-hoc Calisthenics parks inside green urban areas: an increased practice in this sport can therefore boost the construction of these Calisthenics facilities in towns and contribute to redesigning the urban planning more sustainably. During the EU-wide sport event in Amsterdam, a sustainable concept will be followed in which the paper and cutlery will come from recycled materials.



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The venue (RAI Conference Center in Amsterdam) is well-known for its sustainability policy: waste management during the build-up, event and breakdown is based on the principle of 100% recycling. RAI works closely together with the processing company Renewi to separate as much waste as possible and work towards a cleaner and better environment. RAI offers as well special waste sorting equipment, such as containers, bags and bins. The venue is also very well organized in terms of urban transport: trains and metro who ensure easier access from the hotels in a clean way. The young volunteers involved during the sport event will be trained on how to adopt environmentally-friendly behaviors during the activities, from waste disposal to the use of sustainable urban transport modes to get to the venue until a general awareness on how to correctly inform the participants on this subject.



Source <https://www.rai.nl>

# GENDER EQUALITY

Another principle promoted by the project is gender equality. Calisthenics is a sport that can be practiced both by men and women: for this reason, the selection of participants will be made in the respect of the gender balance, trying to ensure an equal number of men and women as much as possible. Two different Calisthenics competitions will also be organized, one for men and one for women.



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# ADAPTIVE CALISTHENICS

The participation of persons with disabilities is promoted by the project, as Calisthenic can bring many benefits for their well-being, especially concerning enhancing the motor skills and abilities. A special area and dedicated competition for this vulnerable category will be organized during the sport event, where Paralympics athletes will also participate as testimonials. Being a European-wide event project, the project will be implemented by the applicants (The Calisthenics Club) and nine associated partners from nine European countries. The associated organizations are national sport organizations that compose the network of Calisthenics federations currently active in Europe: this is the top level of the Calisthenics movement in Europe.



# STREET SPORT ACCORD

The Calisthenics Club and the associate partners are parties of an International Street Sport Agreement that has been signed by more than 40+ countries and its national organizations to work together through the same vision, organizational structure, establishing universal rules and regulations of national and international competitions structures, certified accommodations systems, memberships systems, educational programmes all around the world and special youth education programs to implement in each member country. The project applicant and the associated organizations represent thousands of athletes, managers, practitioners and elite coaches. They have a long experience in organizing Street Workout and Streetlifting events, management of sport clubs, design of sport programmes, citizens' engagement and social inclusion through Calisthenics. They will bring different professional profiles such as athletes with experience in international competitions (Olympic Games, World, European and national championships), Paralympics athletes, elite coaches, sport managers, physical education professors, communication and social media experts, and volunteers

## PARTNERSHIPS TO ACHIEVE:



# IMPACT

A first short-term impact will be the enhanced visibility of Calisthenics throughout Europe, which will result in an expected increase in the number of practitioners at the individual level, bringing new members to The Calisthenics Club and its associate partners. As a consequence, we expect that the Calisthenics movement will grow substantially, with the opening of new clubs, primarily in the participating countries. The final effect of this should be the enlargement of the International Street Sport Agreement to at least 50+ new countries within one year after the project. The increased visibility and membership of Calisthenics across Europe, accompanied by harmonized internal standards and rules, in the medium-term should enhance the relational level of the Calisthenics movement, in terms of increased voice inside the national Olympic committees and towards the sport authorities at national and regional levels. We expect that in the medium to long term this shall bring an official recognition of Calisthenics by the relevant authorities. The increased physical exercise in the European population, deriving also from increased practice of Calisthenics, will reduce physical inactivity, especially in the categories more at risk and with less access to sport programmes. In the long-term this should improve their general health and well-being and support their physical and mental recovery from the Covid-19 crisis. In particular, the persons with disabilities who discover a new training method that can help them in acquiring certain physical abilities, such as motor skills.

## CALISTHENICS APP

The availability of an online platform and an app will bring a change in the sport sector by increasing its digitalisation and providing new models that take advantage of the IT tools for the organization and monitoring of physical activity programmes. This will also enrich the portfolio of products that can be offered by the IT companies to users active in the sport field. The same app could be also replicated and extended as a model to be used in the practice of other sports similar to Calisthenics. The community of Calisthenics coaches will benefit from the application of common standards in the exercise of their profession and will improve their capacities of working with athletes and colleagues from other countries inside international sportevents.

# ONLINE PLATFORM

They will also increase their digital skills, thanks to their engagement in the online platform and app. An organizational change will be visible, compared to the traditional way sport – and events – is organized. All the Calisthenics entities will establish and locate themselves online as the Calisthenics sport movement do not have organized sport clubs. The sport can be practiced any where which means there is no permanent accommodation required. Organizations operate and discuss primarily online. In this way, the athletes themselves determine where and when they want to exercise and whether they participate in a competition, but everyone can become a member of the association to make their voice heard. The whole of the sport community will rediscover the practice of sport and physical activity outside of sport clubs, in less formal and more flexible organizational settings.

The popular passion for grassroots sport, beyond the pure competitive or business goal, promoted by this project, will be relaunched and contribute to attracting millions of citizens of any age to exercise physically only for leisure or to improve their health, In other words, the project will promote a fully positive sport culture. The lack of negative environmental impact of Calisthenics and the sustainability of its infrastructures can be taken as good practices of urban sustainability, where Calisthenics facilities built inside green areas can boost an innovative concept of sport infrastructure in towns and change positively the human approach to physical activity. As only their own body weight is needed, these parks can be set up in an eco-friendly manner to reduce damage to environmentally vulnerable areas



# SUSTAINABILITY

The partnership between sport organizations that collaborate for many years in the promotion and organization of Calisthenics activities in Europe is a guarantee of sustainability because it is based on the shared interest of participants in promoting and enlarging the number of persons that practice this sport.

In addition, the dissemination and capitalisation of the results will provide the basis for a continued life of the project beyond EU financing. The sustainability will be mainstreamed also making use of the powerful networking provided by the International Street Sport Agreement. The partners are, therefore fully committed to continuing the activities in their own country and beyond

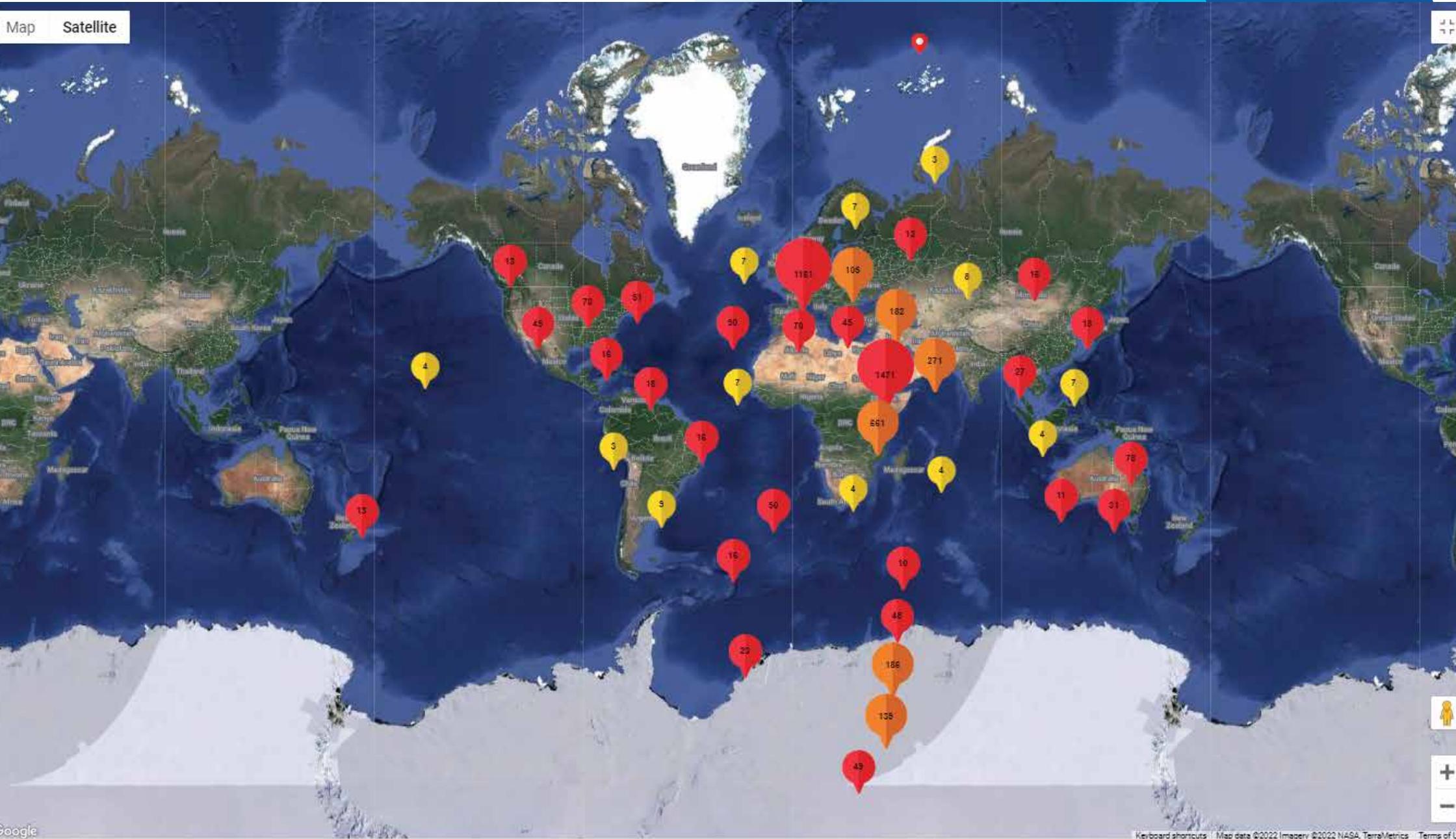
### **This sustainability process will achieve various objectives:**

- ♂ Continuation of the sport activities in the partner countries and internationally
- ♂ Enlargement of the platform of Calisthenics practitioners in Europe and worldwide
- ♂ Maintaining the digital tools as a support to athletes, coaches and practitioners of Calisthenics internationally
- ♂ Test and develop new ways of embedding the results into existing sport policies, defining also mechanisms to link it to other projects and programmes at the national, European and international level

After the sport event, the consortium will deliver a follow-up action plan, which will support the continuation of activities. This activity will analyze the different national contexts, and the better strategy (institutional, organizational, etc.) to enhance the visibility of Calisthenics and to establish periodical local/regional Calisthenics events in the partner countries. Concerning the different activities and outputs of the project, we are planning to continue and expand most of them.

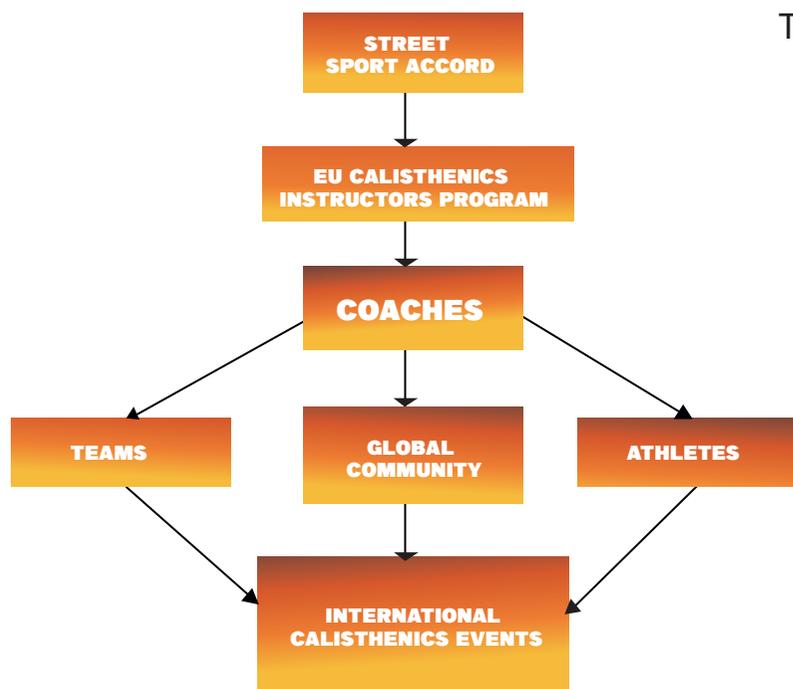


# GLOBAL CALISTHENICS COMMUNITY



Source: <https://www.thecalisthenicsclub.com/>

# STANDARDIZED EU CALISTHENICS TRAINING SYSTEM



The common standardized Calisthenics training program will remain available in the TCC online platform and can be used by the community of coaches and trainers at large. They will be also used to reach a harmonized transnational set of training procedures for the Calisthenics community at a global level, removing the current fragmentation and differences still existing between the different national movements. Additionally, all the members of the International Street Sport Agreement will be requested to adopt officially. This should bring a first international standardization to the Calisthenics training system.

At least one national Calisthenics event that adopts the format launched by the project should be organized in the ten participating countries after the project is finished. At the same time, an edition of the international Calisthenics event will be organized once a year in a different European country to spread the project message throughout Europe, pursuing also the goal of increasing the number of national delegations involved (target: at least 15 countries). The two digital tools will be maintained and regularly updated and enriched. TCC will revise yearly their content to address new requests coming from the users and to satisfy new needs or technological solutions that may arise in the future.

## THE GAMES

# APP STORE

The project app will be downloadable in the Google Play Store and App Store and periodical updates will be available to remain compatible with the new operating systems of mobile devices. The TCC platform [www.thecalisthenicsclub.com](http://www.thecalisthenicsclub.com) will become the main online networking instrument for elite coaches, athletes and practitioners, where they will be interacting and engaged in training programmes or competitions through the “e-competitions” and “e-training” sections of the platform.

The project website and social media pages will be maintained as main information access points to the public on the project. The consortium will link the project results to relevant sport initiatives in their local community. This will generate new forms of cooperation with other sport clubs, federation, and public authorities to recognize the strong educational and social role of Calisthenics



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## RESULTS

The results will also be used by the project coordinator and partners to reinforce the position of Calisthenics inside the sports movement. In particular, an advocacy action will be made to obtain formal recognition by the International and National Olympic Committees. After the project, the activities will be continued with a mix of internal resources and sponsors, which will be sought to support the following international and national editions of the sport event. To this scope, a fund-raising plan will be delivered to identify the best strategy to tap public and private donors..



CALISTHENICS





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## PARTNERS



## STAKE HOLDERS

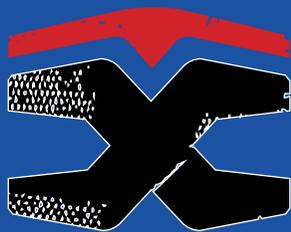


## MEDIA PARTNERS





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