

EGPiS2 - Encouraging Girls' Participation in Sports 2

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EGPiS2 – The end of the journey

December 30th 2019 marks the final day of EGPiS2 project, funded by the Erasmus + Programme and that lasted five long years counting from the previous EGPiS project. One international research on the state of the art of sports and youngsters; one EU tested training methods for coaches and trainers; one EU tested guidelines; more than 200 girls reached, about 150 trainers, coaches, teachers and sports managers trained, many lessons learned and many results achieved. Results that we are now proud to share with everyone with the hope that the achievements we have made can be inspiring for sport organizations, trainers, coaches, teachers, parents willing to support young girls in participating sports.



Downloadable material

The strong collaboration and the dedication put by all the partners during this long journey led to the realisation of materials, which will be soon freely downloadable on EGPiS2 website.

Through these products, we really hope to show and spread the importance of gender equality in the sports field and also in every sphere of human life. In fact, although considered as key topic for EU policy in the field of sports, in reality, it is still not enough considered if we take into account the small number of European nations that truly recognize gender equality in sports as a priority and that put into practice actions and strategies aimed and equipped to fill in this gap.

Downloadable products:

1) Research on Social Factors Encouraging Girls' Participation in Sports coordinated by Cyprus University of Technology. This is a comprehensive product whose completion was achieved after an in-depth and thorough investigation.

Contents areas are:

- **Focus on:** the role of joint sports activities for girls and boys; differentiation between school-based and out of school, 'leisure' time activities; how do retain participation of girls in sport.
- **Environmental and social factors**
- **Sport and intercultural dialogue**
- **Training of trainers and coaches**
- **Policies:** exploring useful practices to urge local institutions modalities for the development of sports opportunities for girls and on equal opportunities in sports.

2) Guidelines

The guide is based on results from both EGPiS and EGPiS 2 projects and based on the results of the research on social factors that encourage girls 'participation in sports. They provide practical tips and suggestions in order to facilitate coaches' work when dealing with young girls.

3) EGPiS2 Video

To show the importance of the role of trainers, coaches and parents in supporting young girls practising sports. The video wants to inspire and suggest:

- that sport is not "just for men", but of every human being
- that there is a different way of doing sports, creative, fun, cooperative; the sport is not only violence and competition
- that it is important to overcome gender stereotypes on the sport.

The video can be used as a simple and effective communication tool.

4) Training Course

Realization of a formative teaching module, partly in the presence and partly at distance, for trainers, coaches, sports managers, teachers, with the following contents:

- Analysis of the barriers that keep girls from Participating in sports
- Creating sports activities for young women and girls through the EGPiS2 methodology and tools
- Cooperation with the family and the community to Encourage Girls' Participation in Sports.



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**Are you interested in knowing more about
EGPiS2?
Stay tuned!**

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