

## EGPiS2 - Encouraging Girls' Participation in Sports 2

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### EGPiS2 – Sport is a girly thing!

The project “Encouraging girls’ participation in sports/2 - EGPiS2” investigates the barriers that prevent girls from practicing sports and is developing, testing and assessing a common methodology aimed at overcoming the mentioned barriers. EGPiS2 aims at detecting viable and practical methods and tools that can be replicated at European level by interested organizations and stakeholders.

### “Sports is absolutely for girls!” The Guide



Sport is absolutely for girls!  
THE GUIDE

What can teachers, trainers and parents do to improve girls' participation in sports? How relevant is the environment, how to overcome social and cultural barriers, how to make the group of peers and parents become the main supporters?

These are only some of the questions addressed by The Guide, a simple, practical tool that gives hands-on tips to teachers and trainers willing to improve girls' participation in physical activity. The Guide is published and can be downloaded and shared for free: <https://www.facebook.com/egpisproject/> and [www.egpis.eu](http://www.egpis.eu).

### **“Sports is absolutely for girls!”: a guide to share**

The Guide is meant to be shared and to reach the wider public possible. For this reason, partners have already started sharing it with their colleagues, in public events and during sports activities!

Cyprus University of Technology has had the opportunity to disseminate the new EGPiS2 guide in the first sporting event titled “Limassol Sports Festival”, which took place along the Multifunctional Seafront Park on 19 May 2019 and included 23 sports, the AGO (Sports For All) programs and several licensed gyms of Limassol.



Catalca Milli Egitim Mudurlugu started sharing project results organizing an amazing cycling day for 35 girls and parents. Sport teachers and experienced cyclist girls were invited, who are active in Çatalca Cycling Clup (ÇADOSK) an NGO dedicated to cycling. They told their cycling experiences and explained the correct cycling measures, what the cyclist equipment is and the benefits cycling provides.



**Are you interested in  
knowing more about  
EGPiS2?**

**Stay tuned!**

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