

NEWS LETTER

#1



APRIL 2021

WELCOME TO SPACHE PROJECT

What is SPACHE?

Sport and Physical Activity in Cultural Heritage Environments (SPACHE) is a project co-financed under the EU Erasmus + Sport program that focuses on reducing physical/sport inactivity by making physical/sport activities more attractive, through the integration between sport/physical activity and cultural heritage.

The consortium is coordinated by Tempo Livre (Portugal) whose mission is to implement the project. SPACHE involves six European Union countries - Portugal, Italy, France, Germany, Netherlands, Slovenia - and is represented by nine entities - Tempo Livre (Portugal), Guimarães City Hall (Portugal), Comune de Gargnano (Italy), Alto Garda Volleyball (Italy), IRS- Institute for Social Research (Italy), Olympic Committee of Slovenia - Association of Sports Federations OCS-ASF (Slovenia), Tafisa - The Association For International Sport for All (Germany), Sport Fryslân (Netherlands) and the Sport et Citoyenneté Think Thank (France).

In addition to promoting physical activity, the SPACHE project also aims to strengthen cultural participation, the feeling of local and European identity, and promote active and sustainable mobility.

Why focusing on cultural heritage in sport/physical activity?

According to European Spatial Planning Observation Network (ESPON) Heritage report (2019), cultural heritage is one of Europe's greatest strengths and it forms an integral part of the life of its citizens. This finding is accompanied by other data, such as those published in 2017 by the Special Eurobarometer on Cultural Heritage, which states that 7 out of 10 European respondents (73%) live near some form of cultural heritage.

Given these data, it is no wonder that 84% of Europeans feel that cultural heritage is important to them personally, with a large majority also feeling that it is important to their region, country, and the European Union as a whole. Most have a sense of pride in a historical monument or site, a work of art or tradition in their own region or country, and in other European countries.

Ten centuries ago, Portugal was born in what is today the territory of Guimarães. For this reason, the Portuguese call Guimarães "the cradle of the nation". History and heritage are part of the identity of the city, granted by UNESCO as World Heritage Site in 2001. The idea of SPACHE project is linked to this spirit.



How the project contributes to EU sport and cultural heritage objectives?

The SPACHE project contributes to various EU policy objectives in the sport area, particularly to the EU Physical Activity Guidelines¹. Furthermore, the project also contributes to EU objectives in the field of cultural heritage as well as to the Sustainable Development Goals (SDG).

- Promote a cross-sectoral approach in both the sport and cultural heritage fields.
- Promote active lifestyles through sport.
- Promote the quality of the environment and its use as a resource for enhancing outdoor physical activity.
- Encourage participatory planning in sport.
- Promote evidence-based policies in sport.
- Harness the power of culture and cultural diversity for social cohesion and well-being.

The overall goal of the SPACHE project consists in contributing to encourage participation in sport and physical activity, by leveraging cultural heritage resources for enhancing it for locals, including immigrants, and other various social groups, and tourists.

THE STORY ABOUT SPACHE LOGO



The SPACHE logo represents sport around cultural heritage.

The countries participating in the SPACHE project, are represented through the common colors of their national flags - red, blue, green, black, white, and yellow.

Athletes practicing various sports around the cultural heritage symbolically portrayed by a castle tower.

In the creative design process, gender equity was considered, one of the topics we value in promoting physical activity. Two male figures and two female figures stand out in the illustration that was unanimously approved by SPACHE partners.



KICKOFF MEETING GUIMARÃES



The first meeting of the European project consortium SPACHE - Sport and Physical Activity in Cultural Heritage Environments, coordinated by Tempo Livre and co-financed by the European Commission took place on February 2nd, 2021. Due to the pandemic situation by COVID-19, what would be the first transnational meeting turned into a virtual meeting, held online by 30 representatives of the different partners. The online meeting did not prevent partners from moving forward with the project and discussing all topics on the agenda.

Full agenda and... HANDS ON!

The SPACHE project activities foreseen in the work plan contemplate four distinct axes. In a first phase, the state of the art around the use of cultural heritage will be identified as a lever for the promotion of physical activity and sport. The bibliographic review is accompanied by a survey of good practices that already combine the two components - heritage and sport.

Four pilot programs will also be implemented, one of them in Guimarães, and a survey will be carried out to assess the social impact of the pilot programs, meanwhile, implemented.

Sport, culture, tourism, sustainable mobility makes up the framework of concepts to be explored throughout the project, which is expected to last 30 months. During this period, around 30 activities will be held, which will converge to produce content, catalogs of good practices, guides, and manuals, as well as educational content, six national and international conferences and seminars and six transnational meetings.





GUIMARÃES, NICE HERITAGE, FRIENDLY SPORTS

Guimarães Town

The World Heritage City of Guimarães, European Capital of Culture in 2012 (ECC) and European City of Sport (ECS) in 2013, presents itself today as a territory open to the world with a deep tradition of dialogue and cultural practices.

Guimarães is a unique and special city and is recognized as the cradle of the nation and of Portuguese identity. The discovery of square's, streets and alleys are an adventure and a retreat to the past. This makes any visit a personal and unique experience.

The city that hosted the ECC in 2012, has its Historical Centre classified as world cultural heritage, since 2001. The tradition and historical relevance of Guimarães, is expressed in the careful rehabilitation and preservation of the old medieval village. The symbiosis between cultural heritage and sports is a local brand.

Events such as the “Run for Heritage” or the “Day One Bike Tour of Portugal” are examples of regular sports events that use local heritage as background. City of culture it is also a city of Sports.

After hosting a ECS in 2013, Guimarães has affirmed itself in the national context. With a commitment to the training of athletes and consequently responsible citizens alongside the commitment with the creation of infrastructure conditions that allow the development of over 50 modalities.

Since 2013, over €11.5 million have been invested in infrastructures, training, and promotion of events. It is truly an inspiring city within the framework of municipal policies.

Run for Heritage

© Archive CM Guimarães



Half Marathon

© Archive CM Guimarães



Click to
Watch Video



Curious about Guimarães? You are always welcome here!

www.guimaraesturismo.com



PANDOLO - TRADITIONAL SPORT GAME FROM SLOVENIA

Pandolo was officially recognized as Living cultural heritage by the Ministry of Culture of Slovenia and Slovene Ethnographic Museum in the year 2013. In the following year 2014, the Slovenian Pandolo Federation became a member of the Slovenian Olympic Committee, which is the first time a game from the family mentioned above was recognized as a sport by an authoritative organization.

The game of Pandolo is a traditional sport from Slovenia played between two teams of three players. The players are equipped with a wooden batting club (termed maca), which is used to hit the shorter stick (termed pandolo), thus gaining distance points. The two teams take turns, where one is batting and the other one defending the playing field. Pandolo originates from a children street game as all the required equipment is easily accessible.

Apart from its sporting character, it possesses a significant amount of cultural and folkloric features. It is suitable for participants of all age groups and both genders. The exact origins of the game are unknown, however the literature estimates its origins go as far as the 11th century Venice Republic.

Simple participation and crafting of the necessary equipment has made it a popular activity among young people and children in the past two centuries. Pandolo is an instance of a more general game concept, played across most of the Southern and Eastern Europe: belit, billarda (Spain), lippa, scianco, ciaramella (Italy), tzurca (Romania), gilli danda (India). It is reasonable to expect future developments in the fields of traditional sports will provide means of cooperation among listed games.

Hiting Pandolo with Maca

© Archive of OCS-ASF



Sports Equipment

© Archive of OCS-ASF



Click to Watch Video



Click to Watch Video

Curious about Pandolo?

Follow the link: www.pandolo.si





SPACHE IN GARGNANO

Gargnano Landscape

Gargnano is an Italian town of about 3.000 inhabitants in the province of Brescia located in the Alto Garda area and includes the Alto Garda Bresciano Regional Park. It is the municipal city of a very particular and appreciated area from a tourist point of view, being both overlooking Lake Garda and located in typically hilly and mountainous areas. Due to its natural beauty, it is a particularly protected area from a landscape point of view.

From a tourist point of view, the Municipality has high-level accommodation facilities, promoted and known worldwide, and structures located throughout the territory (Hotels, Residences, B & Bs and Holiday Homes) to satisfy all the various tourist requests.

In addition to the naturalistic point of view, the Municipality of Gargnano offers tourists and residents the opportunity to practice a lot of sports activities through the numerous Sports Associations (Volleyball, Swimming, Trekking, Sailing, Mountain Bike Excursions, Trekking, etc.).

There is a Municipal gym, a Municipal indoor swimming pool, a large grassy park with olive trees on the lake that offers beaches and a beach volleyball court that makes it unique, as well as tennis courts and numerous hiking trails that penetrate the mountain area offering unique opportunities for routes to be discovered on foot and by bicycle. The churches of the capital and the hamlets are equipped with 6-a-side football sports facilities on the ground and areas for outdoor volleyball, as well as also having spaces for hosting groups.

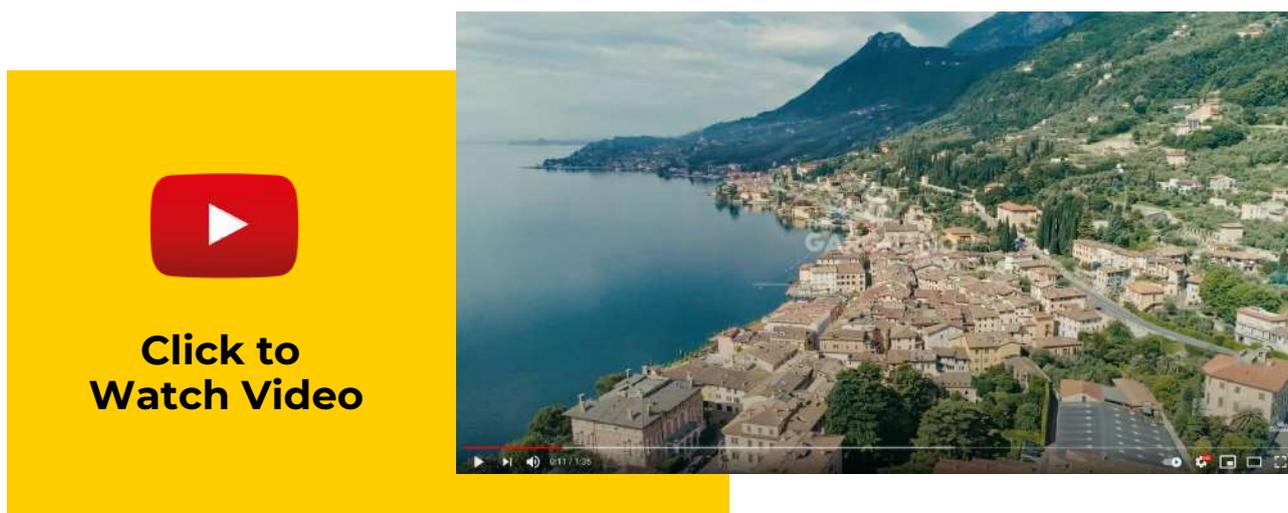
In Gargnano, very famous sporting events take place such as the International Regatta called "Cento Miglia", the Trial Running race called BVG Trail and local sports activities promoted by sports associations such as the Alto Garda Volley concerning the sport of Volleyball, the Gs Montegargnano for Running and the Bisse Gargnano Association for sailing activities; all of these associations are supported by that the Municipal Administration with availability and enthusiasm.

Certainly not less famous Gargnano for its typical local products, being the cultivation of Olives and Lemons (still active today some Limonaie, typical and unique constructions in which Lemons are grown) very active: Extra Virgin Olive Oil, Lemons, Limoncello, Capers, Lake fish, etc.

For some years now, an event that has attracted thousands of tourists is the “Giardini D'Agrumi” event, an event dedicated to the rediscovery of citrus fruits and lemon groves that makes Gargnano famous throughout the world.

Since 2012 Gargnano has been twinned with the German Municipality of Waakirchen (Germany) with which it promotes intercultural exchanges.

Curious about Gargnano?



AGV Alto Garda Volley fully involved in the SPACHE project

The current mission of the Association (AGV) consists in devoting its energies and resources to better develop the youth sector, to provide the right technical proposal and to expand the diffusion of sport and team play beyond the Municipal areas.

Therefore, from the early 2000s to the present day, a better structuring of the technical staff and a higher collaboration with the nearby sports clubs have led to propose technical projects, based on agreements, to achieve, despite geographical difficulties, the new set of objectives.

The Alto Garda Volley has also been collaborating with other sports clubs, trying to offer all the opportunities to reach a high-performance level. Through the « BAV », a technical agreement between different sports clubs, AGV organizes numerous initiatives, among which we remember: DRAGONVOLL Circuit – organization of internal tournaments; Further training (compared to ordinary training) of coaches; activities aimed to promote volleyball in Elementary Schools.

The Alto Garda Volley Sports Association joins the Municipality of Gargnano and, within the SPACHE Project, will create together a circuit of events to be repeated periodically over the period of the Project. These events will be organized in places characteristic of the Garda area and culturally important and will be aimed at the entire population, families, elderly people, young people. All sporting events will be led by professional instructors and specific materials will be used for each proposed activity.



SPACHE

A new look on French cultural heritage

Run in Mont St Michel

The SPACHE project is not only a way to contribute to rich European partnership, it is also an opportunity for us to shed a new light on our heritage and our interaction with it.

France is recognized for its various architectural, cultural, historical, and natural heritage. According to the French Department of Culture, there is more than 900 heritage sites and 45 French UNESCO sites.

That way, this is not surprising that France has many sport events which put to advantage French heritage. La Loire à Vélo, urban trail de la butte Montmartre and Run in Mont-Saint-Michel are part of them. Each one makes accessible cultural heritage by proposing a 900km touring cyclist route in Centre-Val de Loire and Loire-Atlantique region, a running race which goes by the emblematic places of the Butte Montmartre for a historical and touristic discovery, and a marathon which takes place alongside the French coastline in an emblematic location, full of history and culture.

These few examples reflect on how cultural heritage could be used to increase sport and physical activity, but also to promote it to a broader public, including us.

Running up and down the stairs in Montmartre

