

Key Info



COUNTRY: Cyprus | **YEAR(S) ACTIVE:** 1985 – Ongoing

ORGANISER(S): Ministry of Education, Culture, Sport and Youth | Cyprus Sports Organisation (CSO) | European Union (EU)

COLLABORATORS: National Governing Bodies | Local Sports Associations and Clubs

TARGET AUDIENCE: Young and Elderly People

Summary

National Sport for All is a programme implemented by the Cyprus Sports Organisation to motivate individuals from all backgrounds and abilities to adopt a healthier lifestyle through sports activities, raise awareness of the opportunities available to engage in sports activities, and make activities more accessible and affordable. The programme is also part of the Erasmus+ Project 'Europe in Action', supporting the health and well-being of the population.

Objectives

1. **Motivate young and old people** to live a healthier life by participating in sporting and physical activities
2. **Improve awareness** of the opportunities available to engage in sports activities
3. **Ensure accessibility and affordability** of sports activities across generations
4. **Raise awareness and share knowledge** with sport related stakeholders and on the EU level

Best Practices

- ♦ **Participate in the National European Week of Sport** as a Multiplier by supporting the campaign with the organisation of events
- ♦ **Promote HealthyLifestyle4All** through activities, events, and campaigns
- ♦ **Develop specialised sport programmes** addressing the needs of the target population
- ♦ **Active member** of the Association for International Sport for All

Insights

- ♦ More than 500 sports centres and 16,000 members of all ages participated
- ♦ More than 70 Trainers and Administrative Staff provided services



**CYPRUS SPORT
ORGANISATION**
The Highest Sport Authority in Cyprus