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POLICY RECOMMENDATIONS

Healthy and Fit Work Team (HFTeam) - 101133322

Erasmus+ Sport Programme - Sport Small Collaborative Partnership

<https://projecthfteam.com/>

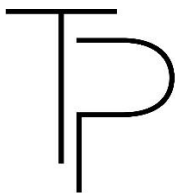
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INTRODUCTION

The project »Healthy and Fit Work Team« is focusing on the current changes to dynamic of work and the impact that it has on employee's health and the level of sport activities. In today's stressful times, we forget too many times that movement is a source of health. Since the Covid crisis employees started working from home on a much larger scale, which has led to and decrease in the level of physical activity of employees across all of the EU. Many employees suffer from a variety of pains due to prolonged sitting at a computer, standing work, repetitive movements etc. what causes many work-related illnesses. Many diseases can be avoided by regular daily exercise during work to strengthen the most exposed parts of the body. This project is focused on developing & promoting a sport program for employees with special needs and disabilities. The implementation of wellness programs and sport programs at work is rising in all EU countries, however there is a big lack of programs and adjustments for employees with special needs, who are often left out because they can't participate. We are also going to collect best practices on how to increase the level of sport activities while working from home and on location to complement the developed sport program.

This project consortium consists of sport clubs, NGOs and research institute to achieve the best synergies between sport experts. Professional experts from project partners' countries Slovenia, Croatia, Italy and Turkey will collaborate to achieve the project goals. The project started on 1.1.2024 and will last till 30.6.2025. To implement a successful project, the consortium partners were chosen based on their knowledge and experience from different areas of sport and work with people with disabilities. The project consortium consists of four partners, the project coordinator is Institute TREND-PRIMA, Maribor (Slovenia) and three partners: Udruga Sport VIV (Croatia), ÇEBDER (Turkey) and MSV (Italy).



POLICY RECOMMENDATIONS

1. **Health and sport program for employees.** Implementing policies such as supporting health and sport programs in companies may increase physical activity levels of employees with disabilities through improved quality and quantity of physical activity at work. Minimum 150–300 minutes of moderate-intensity physical activity per week to reach one of the WHO physical activity recommendations.
2. **Urban design, environmental and transport that is accessible.** Implementing policies that enable planning urban design that includes parks and other green spaces that are accessible and that enable sport activities. Urban design should also be planned so that it is accessible for all and that it enables an active way to travel to work with a bicycle, walking or bus.
3. **Free and accessible sport facilities.** Implementation of policies and procedures that support the development of sport facilities in areas with low access to sport facilities is one of the biggest obstacles to increasing the level of physical activity of people with disabilities. Policies that support development of new sport facilities are crucial to enable access and improve equality.
4. **Free and accessible sport events.** Implementation of policies that support organizations by organizing sport events and regular sport activities is very beneficial in enabling access to sport activities. Policies should offer financial or material support to organizations that are able to implement sport events that should be accessible and inclusive for all participants.