

The “European Sports Volunteering for Health Promotion, Social Inclusion and Equality through Sport for all” MOVE project aims to promote the integral health, equality, social inclusion and improve employability among young European people. To achieve these aims the project members will be using the Sport Volunteering to develop a safe, egalitarian and inclusive physical-sport practice. This is due to the great capacity of this activity to act as generator of health, including integration, social cohesion and participation.

MOVE responds to a common problem, since among other aspects, obesity and overweight are a major pandemic in the EU. Furthermore, the project responds to other issues such as growing inequality and youth unemployment.

The project will develop a series of intellectual outputs and multiplier sport events to promote sociability and health of the citizenship and new curricula for the new employment niches. Also to promote the physical, mental and social health and the promotion of access and adherence to egalitarian physical and sport practices.

A new profile of Sport Volunteering to act as an agent of social change will take place. To achieve this aim, a European study will be carry out to determine the profile required for the new model of volunteer. This volunteer will receive a specific training plan that will help to improve their employability. In addition, it will also help create a better sense of belonging to Europe and a sense of European citizenship.

In conclusion, the MOVE project seeks a healthier and just Europe where young people become the main agents of change all through physical and sports activities.

Link de acces <http://move.ulpgc.es/>