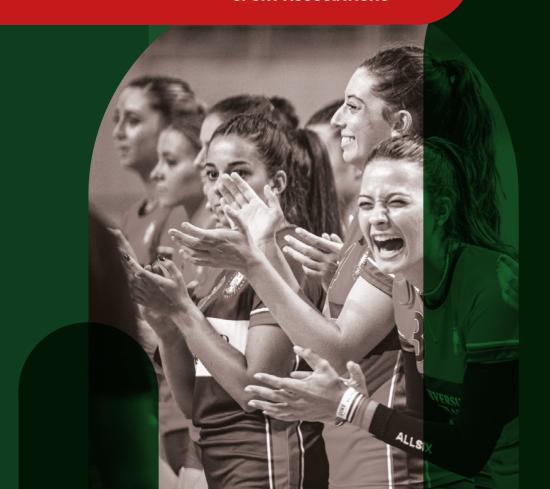
ORGANIZATION OF UNIVERSITY SPORT COMPETITIONS

BASED ON THE EXAMPLES
OF POLISH AND DUTCH UNIVERSITY
SPORT ASSOCIATIONS













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Text: Project partners

BACKGROUND OF THE POLISH AND DUTCH UNIVERSITY SPORT COMPETITIONS PREPARATION FOR THE EVENT TO DO LISTS -SPECIFIC AREAS **FINANCES VOLUNTEERS MEDIA & PROMOTION** INTERNATIONAL UNIVERSITY SPORT COMPETITIONS **ABOUT THE PROJECT**

AGENDA

BACKGROUND OF THE POLISH AND DUTCH UNIVERSITY SPORT COMPETITIONS

1. INTRODUCTION TO THE POLISH UNIVERSITY SPORT CHAMPIONSHIP

Polish University Sport Championships (AMP) have been organized since 1960 - for over 60 years. From the very beginning, the aim was to promote sport among students and present them with an opportunity to compete on the national level. AMP as a series of sport events gathers over 150 universities, more than 40 disciplines and close to 80 nationwide tournaments, with over 15 000 competing students. They are managed by the University Sport Association of Poland. Each year, tournaments are organized in different cities in Poland - giving different regional and local AZS sections a chance to improve and develop their organizing skills. The best teams and athletes in various disciplines have an opportunity to compete in European and World University Championships.

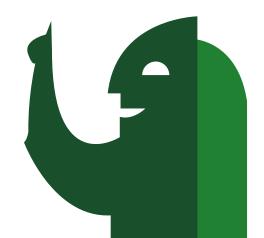
The biggest championships are in swimming and athletics, attracting each year over 1000 participants from over 100 different higher educational institutions.

AT THE MOMENT, THE FOLLOWING SPORT DISCIPLINES ARE PART OF THE AMP PROGRAMME:

- 3x3 Basketball
- Aerobics
- Athletics
- Badminton
- Basketball
- Beach volleyball
- Bridge
- Chess
- Climbing
- Cross-Country
- Equestrian
- Fencing
- Floorball.
- Football
- Futsal
- Handball
- Indoor rowing
- Judo
- Karate
- Mountain biking
- Powerlifting
- Rowing
- Sailing
- Skiing
- Snowboard
- Sport shooting
- Swimming
- Table tennis
- Tennis
- Volleyball

MOREOVER, FOLLOWING DISCIPLINES ARE PART OF THE AZS POLISH UNIVERSITY CUPS PROGRAMME:

- Beach handball
- Beach soccer
- · Beach volleyball
- Bench press
- Bike orienteering
- Dart
- Half-marathon
- Inline alpine
- Kickboxing
- Mountain biking enduro
- Orienteering
- Road cycling
- Rugby 7
- Skiing.Squash
- Stand-up Paddling (SUP)
- Team indoor rowing
- Triathlon



2. INTRODUCTION TO THE DUTCH UNIVERSITY SPORT CHAMPIONSHIP

First National University Championships in the Netherlands (NSK) were organized in 1956. Only a few championships were organized on a yearly basis. Nowadays roughly 50 to 60 championships are organized every year. Those championships are coordinated by Studentensport Nederland, but mostly executed by volunteers from student sports associations. Those associations need to apply to get the possibility to host a championship and after approval Studentensport Nederland supports them in the preparation of the event. This varies from providing the respective organizing committee with guide books from previous years to promotion materials and small financial funds.

Those athletes and teams becoming the Dutch student champion earn the first right to participate in European University Championships and European University Games.

Although the championships differ a lot in amount of participants, professionalism and exposure there is one main focus for all of them: motivate students to start/keep moving and meet fellow students to make memories together.

The smallest National University Championships, for example gliding, only counts 20-30 participants, whereas the biggest championships such as tennis and rowing have more than 500 participants.

FOLLOWING SPORTS DISCIPLINES USUALLY HAVE A NATIONAL UNIVERSITY CHAMPIONSHIPS EVERY YEAR:

- Archery
- Athletics
- Alpine Skiing
- Badminton
- Basketball
- Beach tennis
- Beach volleybal
- Chess
- Cycling
- eSports
- Fencing
- Football
- Golf
- Gymnastics Handball
- Judo
- Kitesurfing
- Korfball
- Poledancing
- Powerlifting
- Rowing
- Sailing

- Snowboard
- Speedskating
- · Sports climbing
- Stage dancing
- Squash
- Swimming
- Table Tennis
- Tennis
- Volleybal
- Wakeboarding

FOLLOWING SPORTS DISCIPLINES ARE ONLY ORGANIZED EVERY FEW YEARS, WITHOUT ANY SPECIFIC REGULARITY:

- Futsal:
- Gliding
- Inline skating
- Orienteering
- Rugby
- Triathlon
- Ultimate Frisbee
- Water Polo



PREPARATION FOR THE EVENT

1. CREATING A TEAM, DIVIDING FUNCTIONS AND RESPONSIBILITIES:

- MAIN COORDINATOR/LEADER main coordinator of the entire event; the task of the leader is to appropriately divide responsibilities and create a team of specialists who will help in organizing the sporting event. The person is responsible also for coordinating the work of other team members.
- SPORTS AND REFEREES AREA COORDINATOR person responsible for renting sports facilities, preparing them and agreeing on the proper conduct of the event. Tasks include cooperation with referees responsible for a given sport, and may also involve cooperation with Venue Managers.
- PARTICIPANTS SUPERVISOR a person responsible for the correct registration of participants for the event, troubleshooting, technical support, verification of eligibility for a given event.
- LOGISTIC COORDINATOR (ACCOMMODATION, CATERING, TRANSPORT) has a broad range of responsibilities including accommodation, food and logistics. Specific areas may include cooperation with catering and hotels, coordination of issues related to the transport of players and judges to the destinations, etc.
- TECHNICAL STAFF SUPERVISOR deals with the management of a technical team or technical support department in an organization of the sporting event. This person is responsible for the preparation of halls, branding, setting up fields of play.
- FINANCES OPERATION SPECIALIST oversees all financial related tasks. These include the list of costs and revenues of the event, determination of costs related to the participation of competitors, as well as potential funders, sponsors and other sources of financing the event (possible correction of plans).
- MEDIA. PROMOTION AND SPONSORSHIP MANAGING SPECIALIST is responsible for the overall promotion of the event, creating marketing strategies and advertising campaigns. The task is also to correctly define the additional sources of financing the event and coordinate the cooperation with the media.
- VOLUNTEERS COORDINATOR is in charge of recruitment, training and coordinating teams of volunteers to help organize the event. The person is responsible for all issues related to the well-being of volunteers and their preparation to perform tasks.
- MEDAL CEREMONIES MASTER the person responsible for distributing the awards, delivering them to the venue of the ceremony, preparing the final speech (short summary). The person is also responsible for audio materials - such as playing the anthem.
- SAFETY AND SECURITY SPECIALIST specialist responsible for a wide range of tasks related to ensuring the safety and security of people, property, information; and leads the cooperation with event security subcontractors.
- ACCREDITATION COORDINATOR is responsible for overseeing the accreditation process for the event organiser. Accreditation is a process of evaluating and certifying that an organization or institution, as well as individuals meets certain quality standards and criteria.
- SPECIALIST IN THE GUEST SERVICE TEAM WITH VIP STATUS a person responsible for assisting VIP quests.
- TICKETING COORDINATOR is typically responsible for managing ticketing operations for the event.

DOPING CONTROL SPECIALIST - is responsible for conducting drug testing of athletes to ensure that they are not using prohibited substances or methods to enhance their performance.

IT IS WORTH REMEMBERING THAT DEPENDING ON THE SIZE OF THE EVENT AND ITS NATURE. ONE PERSON MAY HAVE SEVERAL AREAS WITHIN THEIR SCOPE DUTIES. IN SOME CASES, SEVERAL OF THE ABOVE POSITIONS MIGHT NOT BE REQUIRED - ESPECIALLY AT SMALLER SPORTING EVENTS.

2. DEFINING THE OBJECTIVES OF THE EVENT:

- THE TYPE OF EVENT Choose your event's name, logo, mascot, theme, etc. to establish its identity.
- THE STRUCTURE Assess whether the event you organize is a league, cup, competition... and create an appropriate structure.
- THE DURATION Determine the duration of the event, what it should include, what stages it will consist of.
- THE ACTIVITY Define the sports and activities that will be featured in your event.
- THE SCALE Assess how many people can take part in the event, what was the historical demand, and what is the capacity.
- THE LAW Check local regulations and safety standards.

3. ESTABLISHING THE DATE OF THE EVENT SHOULD CONSIDER:

- · Schedule of other sports events in your area;
- Schedule of sports association of given discipline contact with the specific sport federation;
- · How to enable participation of as many athletes as possible;
- Availability of venues to conduct the particular competition.
- In case of university sport competitions, the championship must also be organized according to the general regulations. In terms of a date, it is important to cooperate with other organizers of other semi-finals or final.

4. CREATING WORK SCHEDULE:

- Determine specific tasks and actions;
- Establish dates and deadlines for particular tasks;
- Designate responsible persons and providers;
- Cooperate with local governments, universities, NGOs;
- Integrate the team organizing sporting event.







1. SPORT:

- Booking venue and inspectional visits (to make sure it is in-line with requirements);
- Contacting relevant sport association in order to select referees and discuss tournament program and others important details;
- Preparing the technical rules and regulations of the event;
- Preparing competitions schedule;
- Providing medical support;
- Providing result management system;
- Providing verification and technical meeting before start of event;
- Organization of the registration process (conditions, deadlines, etc.).



2. PARTICIPANTS

a) Creating a document with information:

- Deadlines of registration;
- Dates and place of tournament;
- Timeline of verification and technical meeting;
- Competitions schedule;
- Accommodation and catering details;
- Payments options;
- · Contacts to organisers.
- b) Verification of application, contact with teams in case of problems and answering their questions;



c) Organization of side events (workshops, parties...).

3. LOGISTIC

- Making arrangements with accommodation venues;
- Booking catering;
- · Checking transportation methods;
- Providing water;
- Delivering cloakrooms keys;
- Checking/providing Wi-Fi;
- Organizing office, providing equipment (paper, printer, scissors, tape etc.).



4. ORGANIZATION

- Assigning responsibilities to people/creating team;
- Providing technical staff;
- Recruiting volunteers;
- Training/introduction for volunteers;
- Preparing venue before competition (cloakrooms, branding etc.);
- Tasks delegation for staff members and volunteers;
- · Providing specific equipment;



TO DO LISTS -

SPECIFIC AREAS

- Supervising actions during tournament, giving necessary information, solving problems, collecting results;
- Delivering certificates for volunteers and written acknowledgements for partners and sponsors;
- Making final report;
- Finalising financial settlement;
- Providing a summary and evaluation of the whole event.

5. CEREMONIES

- Ordering medals, trophies, diplomas;
- Define the protocol requirements;
- Making sure, that all medals, trophies, diplomas are undamaged and in sufficient numbers;
- During some events you have to produce diplomas during tournament, make sure that names of participants on them are correct;
- Preparing opening and closing ceremonies with attendance and/or welcoming speech of important people;
- Preparing scenario for medal ceremonies (especially if there are more sport categories);
- Cooperation with speaker and photographer;
- Practice run for the ceremony to make sure that things run smoothly in a timely manner.











III. FINANCES

It is crucial to firstly create a financial master plan - to know the costs and the sources of financing. Then, it will be possible to establish a participation fee - costs that are covered by the participants of the event.

a) Possible costs of the event:

- Renting venue;
- Payment for staff: referees, technical staff, speakers, photographers, medics;
- Uniforms for staff and volunteers;
- Sports equipment;
- Promotion materials and office supplies;
- · Awards: medals, trophies, diplomas;
- Gadgets;
- Water:
- Catering;
- Accommodation for participants and organizers and staff - if needed;
- Transportation if needed;

b) Financing sources and incomes:

- Participation fee calculated based on the prices of accommodation, catering and other organizational costs.
- Financial support possible sponsors or partners:
 - University;
 - Public institutions city, region, ministries;
 - Sponsors private companies etc.

Organization of the national-scale event may bring the opportunity to submit an application for a funding to the local institutions - city or a region. For those institutions, as well as for other possible sponsors, it is important to showcase the quality of the planned event and the possible promotional space for the institutions.

VOLUNTEERS



IV. VOLUNTEERS

Depending on the size of the event, the structure of volunteering programme includes basic element such as: recruitment, preparation before event, actions during volunteering and after. Since volunteering at sports events can have different forms, it is important to select and train volunteers to dedicated departments.

WHERE TO START?

- Firstly it is important to define a person, who will be a volunteer coordinator;
- Establish the numbers and areas of volunteering – set the quantity with all departments and always add 10% of the number;
- Descript the roles of volunteers what are their main responsibilities;
- Establish requirements for volunteers – what qualities a volunteer should have:



PREPARATION FOR THE RECRUITMENT

- Create a promotional plan set up possibilities of how to promote the recruitment, find sources to volunteer groups and community;
- Describe the programme for volunteers specify the dates and place for event, select a form and deadline of application, add who is an information person and what are the ways of contact (email address, phone number), inform about benefits, specify tasks and also set up requirements, language and other specific skills,



VOLUNTEERS

- Create a network for volunteers share posts on social media account and on groups, make a message on website, send information to press, sport clubs, universities and partners, also use previous events communication channels;
- Make an application form during recruitment it is important to add more detailed questions, which makes it easier for selection – focus on availability, skills, experience and additional abilities; for smaller events, emails with basic information can be sufficient:
- Set up a schedule for recruitment including deadlines for applying, time for selection and meetings (if it is needed) and date for feedback;
- Establishing the selection process create most important and additional interview questions, choose how to providing feedback for the selection;
- Keep volunteers informed confirm receiving application, inform about next steps of recruitment, send feedback;
- Pay attention to special skills define role matching for sports, different departments and logistics.





BEFORE THE EVENT

- Organize a training/meeting for volunteers - share basic information about event, introduce the people responsible for the volunteers and describe specific tasks;
- Provide insurance, uniforms, catering and accommodation during the volunteering;
- Prepare the Organizing Committee for working with volunteers – inform about the main tasks of the volunteer group, set up a scenario in case of emergency, especially about communication path;
- Send summary information on time, location and work shifts of the volunteers, also inform who is direct contact person.

VOLUNTEERS

DURING EVENT

- Manage shift changes, overlapping and breaks;
- Make sure every Leader informed volunteers about news and changes during event;
- In case of longer events organize daily summary including feedback from every department;
- Create a group of "Jokers" the team of multi-purpose volunteers that can take action in case of unexpected events or shortages of volunteers;
- Take care of the volunteers make sure they have everything they need to complete assigned tasks;
- Additional activities for volunteers side-events and trainings.

AFTER THE EVENT

- Recognise the work of the volunteers by publicly thanking them and by providing certificates. If printed, make sure to have sufficient number of certificates – have them ready in advance and in excess;
- Create an anonymous survey for volunteers, which includes feedback about event, tasks, benefits during volunteering, etc.



-------MEDIA & PROMOTION

V. MEDIA & PROMOTION

1. Press materials

It is advised for each event to have press information which appear before, during and after the event. Here is some tips about press materials:

Announcement of competition is supposed to include:

- Interesting, unique title;
- Type of competition/discipline;
- Date and place of an event;
- Organizers;
- Amount of participants (approximately) with a list of universities;
- Competitions program (with the most important parts underlined);
- Interesting facts, known participants, unique aspects, outstanding prizes, etc.;
- · Partners, sponsors, institutions, etc.



Articles during event and summary is supposed to include:

- Interesting, unique title;
- Basic information: type of competition/discipline, date and place of an event, organizers, numbers of participants;
- Information about schedule coming up;
- Remarks about the most important/interesting/bizarre occurrences;
- · Results and general ranking;
- Winners and additional information about them (university, reference to previous results, individual prizes such as MVP, etc.);
- Comments and expressions of participants, extraordinary athletes, winners, guests, and/or organizer;
- Information about partners, sponsors, institutions etc.;
- Photos with the name of author.

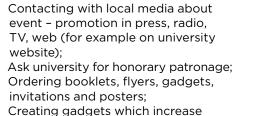
Key factors to success:

- Producing professional and high-quality content (press releases, videos, audios, photos);
- Sharing content for free;
- Sending press releases, videos, audios, photos immediately after the end of the event;
- Using multiple means of media;
- The team consists of professionals and local reporters.

One of the most important parts of making an event is the promotion of it in media. It is advised to keep in touch via social media, by proper branding, as well as keeping contact with local partners. Tasks connected to the media department could be divided based on the phase of the event:

a) Before the event:

- Creating graphic identity of the event;
- Building the media team and dividing tasks;
- · Defining photographers and videographers;
- Meeting with photographer and videographer- it allows us to tell him what we are looking for: many visuals of branding (with the name of the event, sponsor's logo), photos of the whole teams, etc.;
- Templates cooperation with graphic designer;
- Branding at the sport venues;
- Preparing materials for potential partners and sponsors;
- Creating website and accounts on social media (schedule, venues, participants, gallery, results);
- Creating promotional video;



(for example participants wearing our t-shirts);Invitations for VIPs (university and local officials, sponsors and

the chance of social media visibility

- other important people) and press;Posting schedule in social media and websites;
- Preparing press materials before the event.

b) During the event:

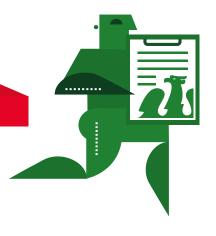
- Updating the website and social media profiles;
- Preparing press releases during the event;
- Ongoing collection and publication of results;
- Summary of results by the end of every day of event;
- Publishing photos after each day of the event.





c) After the event:

- Publication general qualification and all result on website and social media sites;
- Creating summary highlights video;
- Preparing press releases after the event and sending them with photos to local media, partners etc.;
- Preparing the report for funders and sponsors;
- Publishing the summary of the event.





-----INTERNATIONAL **UNIVERSITY SPORT** COMPETITIONS

VI. INTERNATIONAL UNIVERSITY SPORT COMPETITIONS

FISU - The International University Sports Federation (Fédération Internationale du Sport Universitaire) is responsible for the organization and governance of worldwide sports competitions for student-athletes between the ages of 17 and 25. It was founded in 1949[1] as the world governing body of national university sports organizations and currently has 174 member associations (National University Sport Federations) from five continents.

The FISU stages its events in a 2-year cycle. They currently include World University Games, formerly known as Universiades (summer and winter edition) and World University Championships and World University Cups; covering over 30 sports altogether. It also organizes conferences, forums and seminars to promote sport as a component of the educational system. FISU attributes the organization of the particular events to various countries and the university sport associations.

EUSA - European University Sports Association is an umbrella non-governmental (NGO) non-profit organisation, working in the field of university sport in Europe. It links national university sport federations, universities, teams, individual competitors, volunteers and other partners; currently in 47 countries throughout Europe.

EUSA's mission is to maintain and develop regular communication between the national federations; to co-ordinate competitions, conferences, mass-sport-events and other activities both at university and national level; to represent university sport in general and the member federations in particular in relation to European organisations; to disseminate throughout Europe the ideals of university sport in close collaboration with the International University Sports Federation (FISU) and other European organisations.

EUSA is the licence-holder and coordinator of European Universities Championships and European Universities Games; covering over 20 sports. European Universities Games (EUG) is a multi-sport event, where sport is complemented with educational, cultural and social programme. The first edition of the EUG was held in Cordoba, Spain in July 2012, followed by the Games in in Rotterdam, the Netherlands in 2014. The third edition was held in 2016 in Zagreb and Rijeka, Croatia, followed by the Games in in Coimbra, Portugal in 2018. Due to the pandemics the fifth edition, planned to be held in Belgrade, Serbia, was first postponed and unfortunately eventually had to be cancelled altogether. The sixth edition was held in Lodz, Poland in 2022; and the upcoming already attributed editions will be celebrated in Debrecen and Miskolc, Hungary in 2024; and in Salerno, Italy, in 2026.



FINAL TIPS

Team:

- Don't do everything by yourself as organizer be the leaders, but build a group and take care of team spirit. By making event in team you reducing your risk of failure to minimum;
- As leaders appreciate the members of the organising team.
 Appreciate yourself as well. If somebody has done their work well, "extinguished fire" at event or just helped with hard task they deserve to be commended;
- Solve any personal issues inside the team internally, and as soon as possible.

Power of experience:

- Use your experience as participants at events. As an event organizer you have to remember about things you noticed, when you took part in the events yourself;
- Use your experience from previous events or from similar events. Learn from mistakes. Suggest tested solution.

Event challenges:

- Be civilised, but assertive, stake your claim, refer to regulations, previous arrangements, rules;
- Save the findings for "bad times" secure yourself by making regulations and rules;
- Remember that there's no problem without remedy you can always find the solution;
- Treat problems as challenges to solutions, most important is to not give up.

Appreciate the role of evaluation:

- Remember to summarize your event! Organize team meeting, when you share all you comments and observations not for pointing out mistakes, but to prevent making them in future events;
- Try to answer these questions:
 - 1. What came out great and what did not?
 - 2. What you could do better, different?
 - 3. How did you manage the challenges?
 - 4. What conclusions you can take for the future, what to do differently?
- Remember to organize evaluation meetings even during the event - some of the issues or questions might need solving in this particular moment, not at the end.





ABOUT THE PROJECT

(Uni)ted forces to support the education of (Uni)versity sport comm(Uni)ty - Uni4S

Uni4S project was aimed to create the educational opportunities and resources to those working in university sport associations. Through a series of meetings it was set to create conditions for skills development of the participants in the area of organizing university sport tournaments. Each meeting was focused on specific topics connected to the objectives of the project. As an additional value, meetings took place during national and regional university sport competitions, so the participants were able to learn not only through the theoretical exchange of practice but also through practical one. Project revolved around meetings and discussions over particular topics. The outcomes of those meetings have been put together and this guidebook has been created as the final product of the project.

The project has been co-funded by the Erasmus+ programme of the European Union, as a small collaborative partnership in the field of sport, starting its realization in January 2021 and ending in June 2023.

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

AROUT PROJECT'S PARTNERS



AKADEMICKI ZWIĄZEK SPORTOWY (POLAND)

University Sports Association of Poland is the biggest student sport organization in Poland and their activities date back to the beginning of the 20th century. AZS as an association was established in 1909 in Krakow and from there has spread to all academic cities across the country. Currently AZS has around 35 000 members, associated in more than local university 250 clubs. Objectives and values of the organization are extensive with such a main points as: promotion of healthy and active lifestyle, supporting youth professional athletes and dual career. Other key actions of the AZS are connected to volunteering, good governance and social inclusion.

After first experiences in 2015, since 2020 Akademicki Zwiazek Sportowy is involved in the Erasmus+ projects, with Uni4S project being the first coordinated by the organization.

Website: www.azs.pl , www.pasja.azs.pl Facebook: www.facebook.com/pasjaAZS Instagram: www.instagram.com/pasjaazs Twitter: twitter.com/PasjaAZS?s=20



EUSA INSTITUTE (SLOVENIA)

EUSA Institute is a non-profit non-governmental organization focused on developing university sports, organizing sports events, carrying out sports activities, projects and providing education in sports at the university level. The Institute supports activities of the European University Sports Association (EUSA) which is the governing body for university and college sport in Europe, having 46 national university sports member associations. As a pan-European non-governmental organization, it links national university sport federations, universities, teams, individual competitors, volunteers and other partners throughout Europe.

EUSA mission is to maintain and develop regular communication between the national federations; to coordinate competitions, conferences, mass-sport-events and other activities; to represent university sport in general and the member federations particularly in relation to various European bodies; to disseminate throughout Europe the ideas of university sport in close collaboration with the International University Sports Federation (FISU) and other European organizations and institutions.

Website: www.eusa.eu

Facebook: www.facebook.com/eusaunisport Instagram: www.instagram.com/eusaunisport www.twitter.com/eusaunisport Twitter:



AZS WARSZAWA (POLAND)

University Sport Association in Warsaw was established in 1916. In the interwar period between 1919 - 1939 AZS Warszawa was the biggest sport club in Poland, bringing together over 2500 students. Besides the developing of grassroots sports, it had enormous success in professional sport as well. Right now, AZS Warszawa has around 6000 members.

From the very beginning the club was devoted to university sport and it main goals were concerning the support for athletes-students, as well as general development of sport at higher education institutions. Having a extensive experience in organizing sport and educational events, AZS Warszawa is also a valuable partner for those occasions. Since 2018, the club is involved in organizing events for European Week of Sports in Warsaw.

Website: www.azs.waw.pl

www.facebook.com/AZSWarszawa Facebook: Instagram: www.instagram.com/azs waw Twitter: www.twitter.com/AZS Warszawa

STUDENTENSPORT NEDERLAND (THE NETHERLANDS)

Studentensport Nederland is the National University Sports Federation (NUSF) of the Netherlands. Association has members from 17 different cities, who all have voting rights about our policies and budget. All of the members represent the particular students in their student city and together they represent a total of 200.000 students. Both Studentensport Nederland and clubs from the cities are working towards the common goal of developing the university sport.

Main mission of the association is to stimulate all students in the Netherlands to either first get them to start physical activity or just keep them being active. Fundamental way of achieving those goals is to encourage them to participate in championships and social activities related to sport, that are organized by Studentensport Nederaland and local student clubs.

Website: www.studentensport.nl

Facebook: www.facebook.com/StudentensportNederland Instagram: www.instagram.com/studentensportnederland

Twitter: twitter.com/studentsportNL



FOTOS: EWA MILUN-WALGZAK

TUDENTENSPORT

NEDERLAND









