



Join us:

WEBINAR

Outdoor sports and physical & mental health

Date: 15th June 2022, Session #1: 09.00-12.00 CET, Session #2: 13.00-15.00 CET

Organizers: Outdoor Institute, Silkeborg Municipality, European Network of Outdoor Sports, SHARE, Central Denmark EU-office

Topic: Outdoor sports and mental & physical health.

The purpose of this webinar

Being in nature is recognized as providing a range of significant benefits that improve mental and physical well-being. Therefore, many institutions, voluntary organizations and the public authorities, have started implementing the use of the outdoors in treatments, prevention and health promotion. However, knowledge about the use of these various initiatives is limited, especially across national borders. It is therefore relevant to initiate a webinar where stakeholders from different areas can present and share knowledge about their initiatives and in general raise awareness of the potential to use outdoor sports in the context of regional and local development. Finally, an important goal of this webinar is to lay the foundation for cooperation in developing an Erasmus+ application or obtaining other potential funds.

Programme for the webinar 15th June 2022

The purpose of this webinar is to share knowledge on the power of outdoor sports to promote mental and physical health, to promote the wider take-up in health services of our approach and, more specifically, to initiate a process leading to an application for Erasmus+ funds. The process will consist of two sessions. In the first session you will learn about the Share Initiative, how others have worked with outdoor sports in their environment, and how Erasmus+, provided by the European Commission, could support a movement promoting outdoor sports in our society. In the second session we will work in groups in order to develop the outlines of an application.

Session #1

09.00-09.05	Welcome and introduction to the webinar	Heiko Buch-Illing, CEO Outdoor Institute
09.05-09.15	Welcome to the Outdoor Capital of Denmark Including presentation of Outdoor Capital of Denmark - movie	Johan Brødsgaard, Vicemayor of Silkeborg Municipality, Chairman of Culture, Leisure, Outdoor and Sports
09.15-09.25	Introduction to Share Initiative – aims, content, activities, structure	Mike Coyne Expert working with SHARE
09.25-09.35	European Network of Outdoor Sports (ENOS) – vision, objectives and action	Mike McClure Chairman European Network of Outdoor Sports (ENOS)
09.35-09.45	Promoting a Healthy Lifestyle for All	Michael Serneels, Representative from European Commission Sport Unit

09.45-10.20	Benefits of connection between Outdoor Sports and welfare initiatives (Keynotes)	Simon Høegmark Ph.D. in nature and health from the Department of Psychology at the University of Southern Denmark.
5. min.	Chat room questions for Simon Høegmark	Annette Bischoff Centre manager, Centre for Sustainable Transition at the University of South-Eastern Norway
10.20-11.05	Presentation of 3 cases that focus on promotion of mental and physical health. 12. minutes each.	Cases: 1. Nature on prescription Merethe Jelsbak Consultant and project manager, Silkeborg municipality 2. Watersports in public school program João Zamith, Surf Clube de Viana 3. Burgess Sport/Park Svend Elkjaer, Sports Marketing Network
10 min.	Chat room questions in relation to the cases or experiences from similar	
11.05-11.15	Break	Break
11.15-11.30	Why and how do Danish authorities support the development of EU-initiatives, including sport ?	Gert Kristoffersen Team leader for skilled labor and social inclusion, The Danish Business Authority
5 min.	Chat room questions for Gert	
11.30-11.45	Framework and content for Erasmus+, application requirements, perspectives and deadlines	Julie Sand Jørgensen/Xenia Ramirez Lauritsen Central Denmark EU Office
5. min.	Chat room questions for Julie	
11.45-12.00	Closing remarks	Heiko Buch-Illing, CEO Outdoor Institute

Session #2

13.00-14.00	Workshop on development of a funding application
14.00-15.00	Further details will follow

Benefits of attending the webinar:

- expand your knowledge of the subject
- participating may introduce new ideas
- meet other professionals with similar interests
- an opportunity to establish your own "Network"
- gain knowledge about the EU funding process
- explore the possibilities of participating in an Erasmus+ funding

- help to promote more effective healthcare

The initial process toward Erasmus+ funding:



15th June

Webinar
Framework and content for Erasmus+,
application requirements, perspectives and deadlines.

12th September

Outdoor Sports Euro'Meet in Silkeborg 2022
This session will take place as a part of the Outdoor Sports Euro'Meet in Silkeborg 2022, September 12-16,
which is organized by the European Network of Outdoor Sports (ENOS). The purpose of this session is to
concretize and organize the actual work towards Erasmus+ funds.

October

Meeting with further concretization