

# INTERACT+

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Funded by  
the European Union

# About INTERACT+

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# INTERACT+

« International and European Sport Organisations Active Citizens  
- Plus »

- 36 months project (January 2023 – December 2025)
- Led by TAFISA
- Funded by the Erasmus+ Programme of the European Union
- Successor project of the Erasmus+ funded project INTERACT (January 2021 – December 2022)
- <https://interact-sport.com/>
- 9 project partners



# Advisory Board

A group of selected ISOs that provide guidance and exchange knowledge and experience on the topic of Sport for All and physical activity

Accompany the project during its lifetime

## Advisory Board members



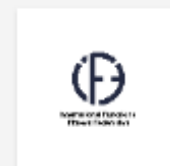
BADMINTON  
WORLD  
FEDERATION



FÉDÉRATION  
INTERNATIONALE  
DE SAVATE



INTERNATIONAL  
FLOORBALL  
FEDERATION



INTERNATIONAL  
FUNCTIONAL  
FITNESS  
FEDERATION



INTERNATIONAL  
SAMBO  
FEDERATION



INTERNATIONAL  
TABLE SOCCER  
FEDERATION



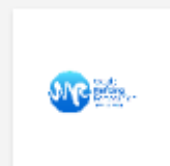
INTERNATIONAL  
TCHOUKBALL  
FEDERATION



TUG OF WAR  
INTERNATIONAL  
FEDERATION



WORLD  
DODGEBALL  
FEDERATION



WORLD RAFTING  
FEDERATION



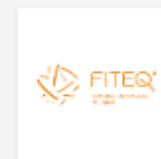
WORLD JIU JITSU  
CONFEDERATION



WORLD  
PARAVOLLEY



UNION CYCLISTE  
INTERNATIONALE



FÉDÉRATION  
INTERNATIONALE  
DE TEQBALL



WORLD  
ATHLETICS



INTERNATIONAL  
DART  
FEDERATION



# INTERACT+ Aim

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***The INTERACT Project is designed to train, qualify and empower International Sport Organisations, their Continental and National Federations and local sport clubs to become Sport for All leaders worldwide.***



# INTERACT+ Objectives

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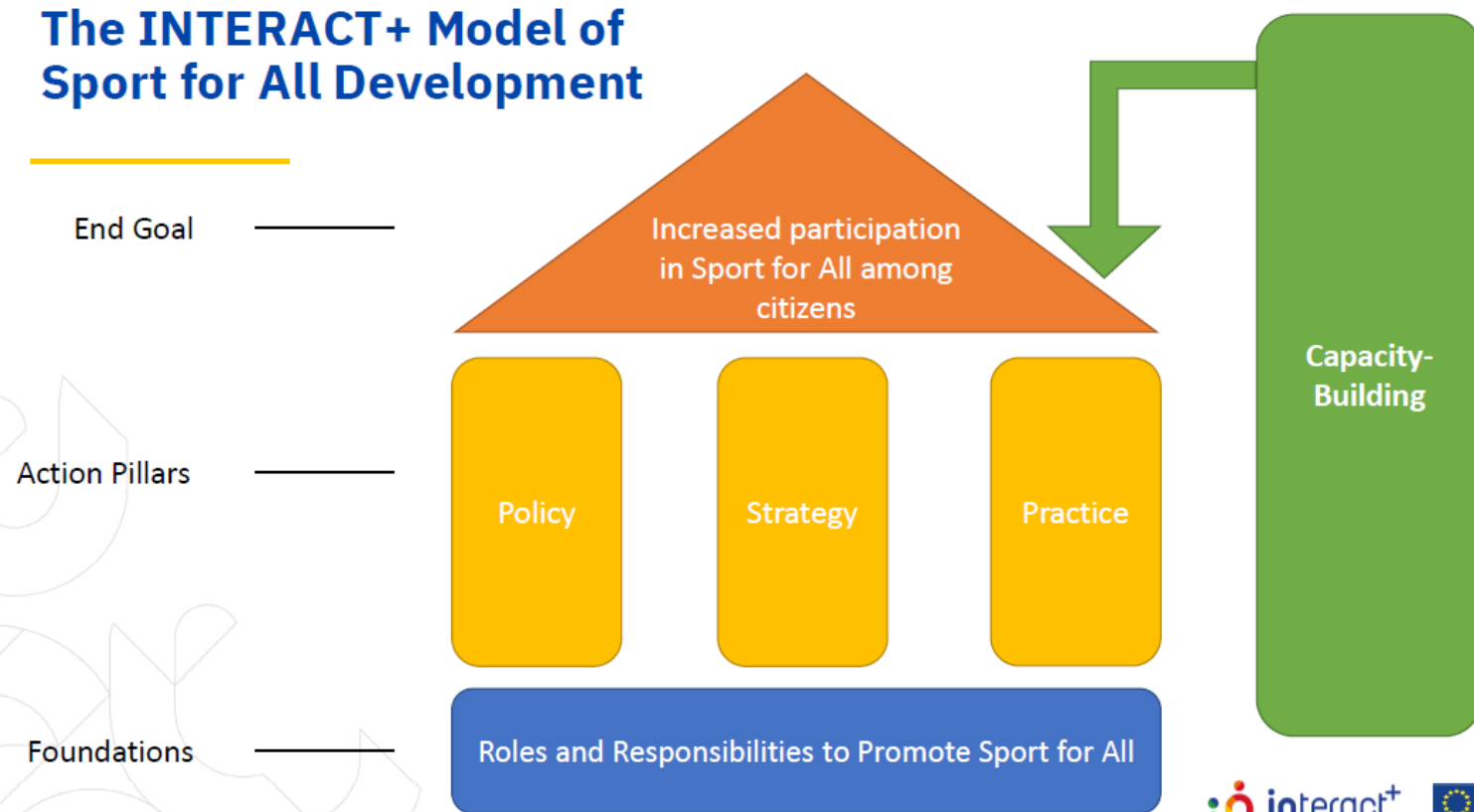
- Gather ISOs and develop a new sport delivery system that places participation in Sport for All and physical activity at its core
- Increase ISOs and their member's participation in Sport for All and HEPA, specifically targeting inactive, underprivileged groups and people who are interested in sports but do not enrol in clubs
- Highlight and promote to ISOs and NFs the benefits and ROI Sport for All has for them and the communities around them
- Support ISOs in developing their own Sport for All policies, strategies, structures and practical activities
- Empower ISOs develop new Sport for All strategies and delivery frameworks (incl. programmes and events).
- Increase ISOs services to their members and the public in the Sport for All field.
- Promote the development of ISOs and their activities to new countries worldwide



# INTERACT+ Model

What does it take to start an ISO/NSO Sport for All Approach?

## The INTERACT+ Model of Sport for All Development



# INTERACT Outputs



Online Directory of  
International and  
European Sport  
Organisations



ISOs Pledge for Sport for  
All and physical activity  
promotion



Study and report on ISOs  
Challenges,  
Opportunities, Needs &  
Expectations in Sport for  
All



ISOs Good Practices  
Online Platform



ISOs Sport for All and  
physical activity Toolkit



ISOs Training « Capacity  
Building in Sport for All  
and physical activity »



New International Sport  
for All festival



# INTERACT Pledge

<https://interact-sport.com/pledge/>



ISOs Pledge for Sport for  
All and physical activity  
promotion



- Aims to showcase the good will of ISOs to promote Sport for All and physical activity.
- International and European Policy Papers related to Sport for All, physical activity, grassroots sport and HEPA have been studied in order to identify key elements where ISOs can best contribute.
- Development of a pledge to be circulated and signed by as many ISOs in Europe and worldwide as possible

# INTERACT+ Outputs

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1. Making the case for Sport for All within the Sport Movement, by creating an understanding of Sport for All's return on investment, as well as an evidence-based Sport for All theory of action model that ISOs and NFs will implement.
  - Infographic – benefits and ROI of Sport for All and barriers to join organized sport
  - INTERACT+ Theory of Action Model
2. Built capacity of ISOs and their members to put theory into practice through the development of an INTERACT Plus toolkit and upgrade and implementation of the IESOAC/INTERACT Capacity-building framework. A peer-to-peer solidarity and support system will also be launched to enable ISOs and NFs to support each other across sports and disciplines.
  - Update INTERACT Capacity-Building
  - INTERACT+ Forum
3. INTERACT+ will finally develop a label in order to reward and recognise ISOs and NFs that develop Sport for All and incentivise those that do not do enough to take action.
  - INTERACT+ Label

# INTERACT+ Outputs

**BY REMOVING THESE BARRIERS**

**QUALITY OF AND ACCESS TO EQUIPMENT AND INFRASTRUCTURE**

- Inform about available opportunities
- Ensure well maintained facilities
- Have specific group sessions (women only, disabled only)

**QUALITY OF SPORT CLUB ENVIRONMENT**

- Enhance physical access to sports equipment
- Reduce costs for participation
- Ensure adequate staff training for sport for all
- Be open to flexible clothing practices

**COACH'S INFLUENCE**

- Reduce emphasis on competition
- Encourage participation in games for everyone
- Secure a welcoming and safe climate
- Set up progressive expectations in regard to sporting ability
- Reduce stereotype and social conformity in sport
- Build confidence and self-esteem in sport

**INDIVIDUAL AND SOCIETAL BARRIERS**

- Improve transport to sporting equipment
- Foster parental exercise opportunities and family support
- Offer flexible option to limited time dedication
- Be open to different health status and energies

## EVIDENCE BASED ACTIONS FOR INTERNATIONAL SPORT ORGANISATIONS (ISOs) AND National Federations (NFs)

**BY REMOVING THESE BARRIERS**

**QUALITY OF AND ACCESS TO EQUIPMENT AND INFRASTRUCTURE**

**QUALITY OF SPORT CLUB ENVIRONMENT**

**COACH'S INFLUENCE**

**INDIVIDUAL AND SOCIETAL BARRIERS**

Information gathered through a rapid literature review from 10 literature reviews (2017-2022) including 315 studies; half of the studies are targeting children



**YOU FOSTER THESE BENEFITS**

**ISOs AND NFs**

**INDIVIDUAL**

**SPORTS CLUBS**

Information gathered from 34 literature reviews (2018-2023) including more than 2 millions participants across the lifespan

**YOU FOSTER THESE BENEFITS**

**ISOs AND NFs**

- Fostering employment and volunteering opportunities
- Encouraging diversity and inclusion as human rights
- Contributing to economic development
- Raising awareness on societal issues through sport

**INDIVIDUAL**

- Reducing smartphone addiction
- Being sporty as a social identity
- Enhancing academic performance
- Better fitness, strength, body composition and bone health
- Higher quality of life and sense of accomplishment

**SPORTS CLUBS**

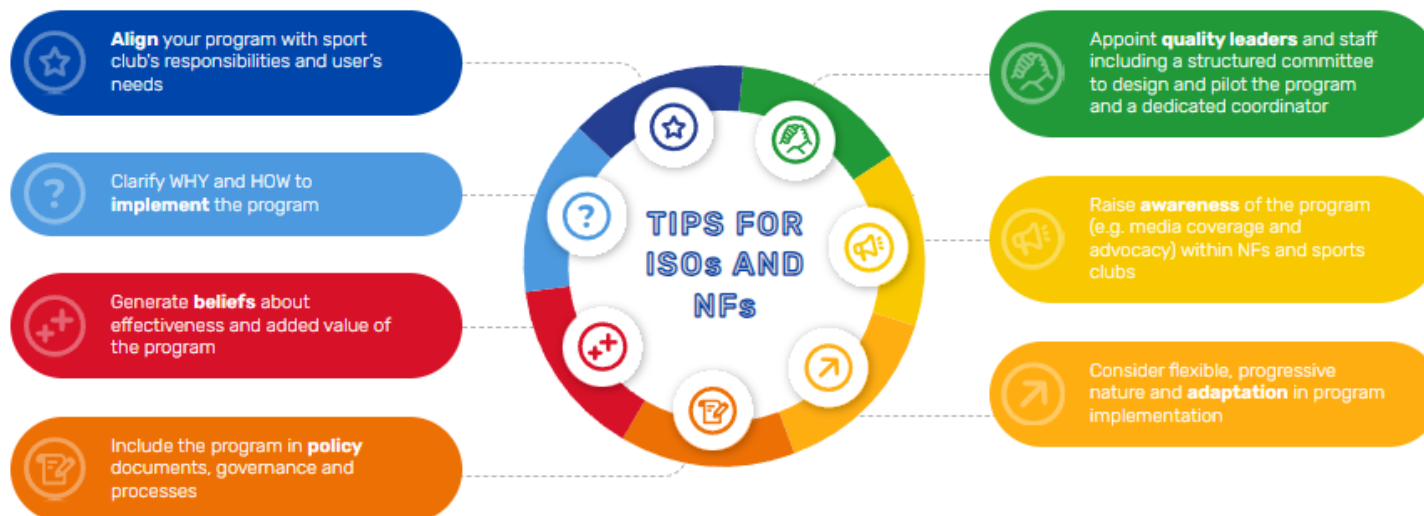
- Fostering peer learning
- Developing social skills
- Building relationships and trust
- Contributing to healthy aging
- Limiting anxiety, stress and depression
- Limiting drug and substance use

Information gathered from 34 literature reviews (2018-2023) including more than 2 millions participants across the lifespan

# INTERACT+ Outputs

## EVIDENCE-DRIVEN STRATEGIES FOR SPORT FOR ALL PROGRAMS

 Download



Information gathered from 34 literature reviews (2018-2023) including more than 2 millions participants across the lifespan

# INTERACT+ Forum

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The INTERACT+ partners are proud to announce that the INTERACT+ Forum for International Sport Organisations is now live! The online Forum is dedicated to only International Sport Organisations, National Federations and their members who wish to exchange and support each other in the field of Sport for All.

The INTERACT+ online forum creates a place where International Sport Organisations and their members can post questions, share ideas, support and help solve Sport for All-related issues.

Registration to the online Forum is free of charge and is moderated by the INTERACT Plus team during and after the project.

<https://interact-sport.com/wp-login.php?action=register>



## INTERACT+ Forum NOW LIVE!!!

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Join the INTERACT+ Forum, a platform dedicated to fostering collaboration and knowledge exchange among International Sport Organisations and their members in the field of Sport for All. Registration is free, offering a space to share ideas, seek support, and tackle Sport for All-related challenges.



[www.interact-sport.com/forum/interact-forum/](http://www.interact-sport.com/forum/interact-forum/)





# INTERACT+ Capacity Building Framework

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- Raise the awareness of ISOs, their continental, national and local members, about the significance of Sport for All and physical activity and the role they can play
- Create sport ecosystems where all levels (international, national, local) strive to increase participation in Sport for All and physical activity
- Empower ISOs, their continental and national members and stakeholders, to increase participation by placing Sport for All and physical activity promotion at the core of all their activities, at political, structural and operational levels.
- Provide ISOs with a service that they can share and offer to their own continental, national and local members
- Create a platform for knowledge & experience-sharing between ISOs, as well as their continental, national and local members
- Support ISOs, their continental, national and local members to use the INTERACT Toolkit and join the INTERACT project.

## Target Group

The INTERACT Capacity-Building Framework has been tailored to answer the needs and expectations of

- leaders,
- decision-makers,
- staff and
- leading volunteers

of **International Sport Organisations** and their continental, national and local affiliates and federations.

# Curriculum

## 1. Advocacy

- A 30-minute to 1h high-level meeting between an INTERACT leader and host organisation's decision-maker(s).



## 2. Diagnostic

- The INTERACT capacity-building framework's manager and nominated responsible contact point(s) in the host ISO or continental/national federation evaluate and identify the host organisation's challenges, opportunities, needs, expectations, priorities and objectives in the field of Sport for All through:

1. A self-evaluation questionnaire
2. A 1h online or onsite working meeting



## 3. Training

- A 2-day training, onsite or online, delivered to 8 to 20 participants from the agreed target group(s). When online, the training can be split over various days

# Key Learnings

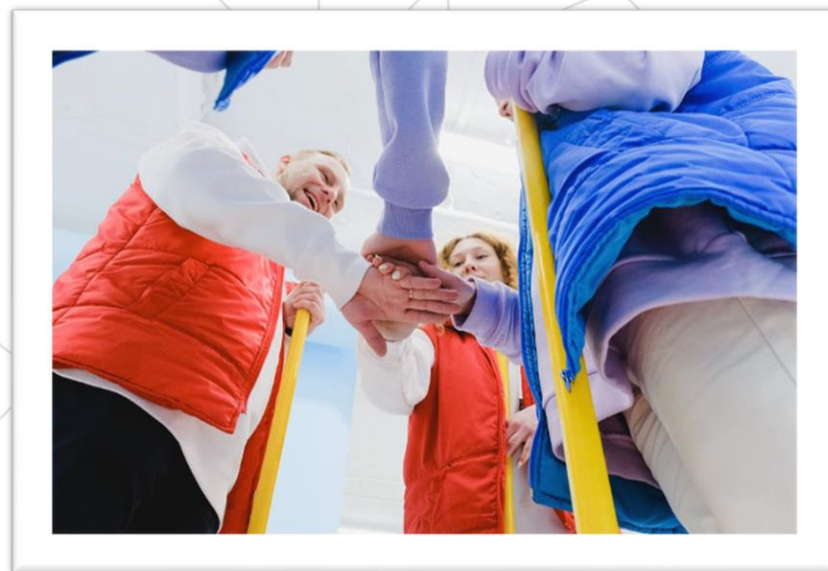
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- Develop a **common understanding** among your team, volunteers and members, of what Sport for All is
- Discover the **power of Sport for All** to boost your organisation's growth
- **Explore how you can contribute** to increasing participation in sport, fostering sustainable development and leaving a positive social footprint
- **Evaluate** how good you are doing in developing & promoting Sport for All
- **Analyse** the challenges and opportunities, needs and expectations of your organisation and your members in the field of Sport for All
- **Reflect** on the governance of your organisation and how to position Sport for All in your structures and policy papers
- **Define Sport for All priorities and solutions** adapted to your human and financial capacity
- Think **how to adapt your sport offer** depending on target groups, purpose, venues and types of activities
- Learn from **good practices** of other International Sport Organisations, national federations and sport clubs
- **Brainstorm Sport for All initiatives**, programmes and/or events that you could develop
- Find out **how to develop a low cost/high impact approach** to Sport for All and Sport for All activities

# Benefits for ISOs

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- Train, qualify, empower and build capacity of their leaders, staff and volunteers
- Increase the visibility, reputation and recognition of their organisation
- Improve their governance in Sport for All
- Develop and train leaders and managers in Sport for All
- Offer a new service to their members
- Build cooperation with their members and increase understanding of their members' needs and expectations
- Expand the horizon of their Sport for All activities
- Pave the way towards increasing sport participation and gaining new members
- Become part of the global Sport for All Movement, joining the TAFISA network of 400+ organisations and gaining access to experts in countless fields related to Sport for All
- Exchange knowledge and experiences with experts and representatives from other International Sport Organisations
- Receive a participation certificate



# How Can You Be Part?

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- Sign the INTERACT+ pledge
- Conduct an INTERACT+ Sport for All Festival
- Participate in the INTERACT+ Capacity-building Trainer Training and **become an INTERACT+ trainer** yourself – or share the word and suggest potential trainers
- Participate in an INTERACT+ Capacity Building
- Connect with the project and leverage it for your own research! Examples:
  - From science to policy and practice: Impact assessment of the INTERACT+ project
  - Impact assessment of International Sport Organisations promoting and developing Sport for All
  - Health-enhancing physical activity vs. Sport for All
  - Health benefits through Sport for All
- Spread the word about the INTERACT+ project



# Thank you !



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