



**POLICIES ON SPORT AND
SUSTAINABILITY - CONTEXT ANALYSIS
OF CYPRUS, LATVIA AND LITHUANIA**

Sustainability - goal for small sport organisations (GOAL2S)

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INTRODUCTION

Sport plays a vital role, not only in individual health and fitness, but also in shaping wider society. It can improve general wellbeing and help overcome wider societal issues such as racism, social exclusion and gender inequality. Crucially, sport provides significant economic benefits across the European Union (EU) and is an important tool in the EU's external relations.

The EU's definition of sport was originally developed by the Council of Europe in its Sports Charter. It encompasses 'all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental wellbeing, forming social relationships or obtaining results in competition at all levels'.

Context analysis focuses on deriving specific already existing information (articles, literature) regarding policies in sport and physical activity, along with sustainability aspect through the lens of eco-innovation, because there is no specific policy field of sport and environment at the EU and national levels (in Cyprus, Latvia and Lithuania). Therefore, it was selected to review the potential of the chosen countries in ecological development area. Eco-innovation review provides integrated information on eco-innovation for organisations and innovation service providers, as well as providing a solid decision-making basis for policy development, which is valuable information because investigation should be around the topic related small sport clubs.

The sources used to prepare the context analyses were used official EU documents, articles and scientific papers, which are shown in reference column.

CYPRUS



National strategy

The Cyprus Sport Organisations (CSO), as the supreme Sports Authority in Cyprus, provides services through its National Schemes to sports federations, sports clubs and citizens, aiming to promote extra-curricular physical education and healthy living through sports in Cyprus.

The Strategy of CSO 2020 entitled ‘Right to Exercise- Citizens in action’ comprises the official action plan released by the CSO for the period 2010-2020 on the topic of Sport, youth fitness and physical activity which promotes the following strategic goals for Cyprus:

1. Maintaining a competitive level of action in International Sporting Competitions both at the level of performance and at the level of managerial positions.
2. Developing enlarged Sporting Programmes of physical activity for the promotion of citizens’ health regardless of age or gender.

The Strategy is developed through 8 Key Performance Indicators (KPI), each of which is being broken down and analysed for all the years covering the period 2010-2020. These KIP cover the following areas:

- Improvement of Sport Infrastructure
- Support of Competitive Sporting Programmes
- Development of Non-Competitive Sporting Programmes
- Social role of Sports
- CSO and the European Union
- Funding
- Administration and Management
- Communication

In its entirety the "Strategy of CSO-2020" makes no explicit reference in its agenda to Cyprus’ youth. However, this target group is integrated into the respective goals which are directly targeting the citizens’ involvement. Further on, in terms of the current monitoring process or evaluation of the strategy as well as any reforms proposed, no available information is provided for the time being. At the same time, the strategy makes no clear reference to the EU

Physical Activity Guidelines, however monitoring and implementation of the EU Guidelines is highlighted through the KPI on ‘CSO and the European Union’.

CSO’s Strategy is incorporated in the Action Plan of the National Youth Strategy who sets Health and Well-being as one of its eight fields of actions, as well. Specifically, the priorities of the National Youth Strategy that concern sport and physical activity are:

1. Develop and promote further programmes of recreational activities and sports and
2. Encourage a culture of physical activity and positive attitude towards sports.

Promoting and supporting sport and physical activity among young people

The main programmes of the CSO agenda that promote sport and physical activity among young people in Cyprus, and which subsequently support the Strategy of CSO 2020, are the following:

Sports For All: The “Sports For All” Mass Sports Programme , which operates since 1985, aims towards encouraging citizens to practise healthy sports and offers fitness, health, happiness, and entertainment to the general public. The Programme focuses on achieving its sport, social, cultural, educational, and recreational mission. In the context of this programme, the participants may develop consciously a variety of motor skills while practising physical activity not in the spirit of rivalry or competition, but in the spirit of doing exercise for fitness, with others, enjoying human contact and improving their psychosomatic health. The Programme is applied in various target groups, from pre-school children to third age persons, people with special skills and minority groups.

This programme’s vision is to help the great majority of the population in Cyprus to get involved in sports, benefit from physical activity and provide all the citizens no matter of their ethnicity, sex, age, social position, mental or physical status, education, body integrity, economic standing and social stratum with equal sport-practising opportunities

The main objectives of the Programme are:

- Life-long physical activity and exercise.
- Improvement of the physical and mental health of a person.
- Forming a character and developing a personality in the spirit of fair play and sportsmanship.

- Sport education of people and mainly of children aiming at eliminating violence in sports.

Encouraging a healthy hobby for youth, helping young people to avoid bad habits, reducing crime rate, avoiding the use of drugs and other social problems.

Social cohesion, tolerance and understanding among citizens in the context of physical activity Programmes.

There are more than 550 sports centres that operate in the government-controlled areas of Cyprus (urban and rural), 15 000 members of all ages (children and adults) that participate in the programme and 94 Trainers and Administrative Staff who provide their services. . The overall cost of the Programme amounts approximately to €2 000 000 per year while the income from the Programme amounts to €1 300 000 which comes from the annual subscriptions that the participants pay. No available information is provided in regard to the mechanisms for monitoring and evaluation of the programme. The ‘Sports for All’ Programme involves the following:

Programmes for Children

The “General Physical Activity” Programme: This programme addresses all children attending Elementary Education and has as a key aim to help them turn to physical activity and experience it. It includes basketball, football, handball, volleyball and athletics.

The Specialized Programmes: These programmes run the sports that cannot operate in terms of the “General Physical Activity” programme and they are conducted in specially designed sports areas. They are addressed to children wishing to be constantly involved in their favourite sport practising, which becomes eventually the choice of children who are gifted with special sport skills. This Programme provides the participants with the opportunity to take part in regional, district and Cyprus-scale organized games. The programmes operate sports, such as Gymnastics, Tennis, Taekwondo, Dancing, Judo, Karate, Child and Swimming, Football, Volleyball, Basketball, Futsal, Beach Volley, Archery, Badminton.

Swimming courses: The “Child and Swimming” Programme is operational during summertime and all children are given the opportunity to learn how to swim properly. The courses are expanded in all the cities and in the countryside.

The “Early Childhood Education” Programme: It addresses pre-school children aiming at helping them to get involved in physical activity while playing.

Sports Events: These aim to enhance the competitive activity of the children that participate in the Programme, to cultivate the sentiment of fair play and to support and promote youngsters with special athletic skills through the organization of local regional and local championship (Handball, Basketball, Football, Cross-country race, Athletics, Volleyball).

Programmes for Adults

The citizens can choose the programme that meets their expectations and the most convenient place to attend the sessions. The following Programmes are operational: Aerobics, Pilates, Yoga, Zumba, Pound, Adapted Gymnastics, Basketball, Volleyball, Swimming, Tennis, Futsal, Hapkido.

Social Sports Programme

Implementing the philosophy of the “Sports for All” Programme for providing equal opportunities to sports for all people, regardless of sex, age, origin, body constitution, economic strength and physical integrity, specialised programmes are provided for either students who attend the Special Schools around Cyprus or persons (children or adults) with various disabilities like physical, motor or sensory. In addition, the programmes address third age people, persons with psychological problems, chronic diseases, persons who undergo drug rehabilitation or children belonging to these families. The above stated vulnerable groups may participate in these programmes free.

Support for Vulnerable Populations

The purpose is to provide customised physical activity services or the supply of sports equipment for the needs of organized bodies of people with disabilities and people with chronic diseases who are exercising. The programme is run by the CSO and the Cyprus Confederation of Organizations of the Disabled. The annual budget of the programme is €20 000 and it runs on a permanent basis.

European Sports Week

In Cyprus, this initiative is being implemented since 2015 by a number of stakeholders and CSO enacts as the coordinating authority providing extensive information and information delivery for the planning of the actions that are about to take place before and during the campaign. According to the 2019 Annual report of the Ministry of Education, during the 2019

European Sports Week, the total number of activities and sport events that took place all over Cyprus was 242, in which approximately 224 000 citizens participated for free. In addition, schools and students from all educational levels (both general and vocational education) participated in the different activities. The European Sports Week programme mainly focused on five thematic units: Education, Workplace, Outdoor Physical Activities, Sport Clubs and Gym Centres, Third Age Persons, Persons with Special Needs / Persons with Disabilities. As regards the types of activities, sport events, information days and lectures were organised. The CSO submitted a proposal with a budget reaching the overall amount of €227 338.89 (80% funded by the EU and 20% by the CSO) for 2019.

Physical education in schools

Within the scope of the Cypriot Education System, Physical Education (PE) is a compulsory subject that provides regular opportunities for physical activity among students inside the school setting. The Physical Education Curriculum both for the Primary and Secondary Level Education is organized on the basis of the following six purposes, covering a spectrum of knowledge, skills, attitudes and behaviours intended to be acquired by the students:

1. Development of kinesthetic skills and exemplary performance of some of these.
2. Acquisition of knowledge from sports science (how and why) and their parallel implementation for effective participation in current and future physical activity conditions.
3. Knowledge and achievement of a fitness level of health.
4. Acquisition of positive experiences from physical activity and the development of self-expression and sociability.
5. Understanding and respecting the diversity of individuals and groups while working with everyone.
6. Demonstration of responsible athletic and social behaviour, as the result of participation in physical activities.

Focusing on the time allocated for Physical Education in schools at upper secondary level (Lyceum) of General Education, out of the total 35 periods (1period=45 minutes) per week comprising the courses' timetable , the 1st grade Lyceum students attend P.E. for 1,5 periods/week, the 2nd grade Lyceum students attend P.E. for 2,5 hours/week, and the 3rd Grade Lyceum students attend P.E. for 2 hours/week. A note needs to be made that the differentiation

of the taught time for P.E. for the 2nd Grade Lyceum timetable is due to the introduction of the First Aid Course which is offered for an extra period per week as part of the P.E. Curriculum. As for the Secondary Technical and Vocational Education and Training (STVET), out of the total 35 periods (1period=45 minutes) per week comprising the courses' timetable, P.E. is compulsory and its taught time is 1 period/week for all three grades of STVET.

The P.E. Curriculum, which was introduced since 2010, is also supported by the official teaching materials and textbooks offered by the Ministry of Education, Culture, Sport and Youth (MOECSY). Furthermore, additional pedagogical tools, lesson plans, educational resources from seminars, conferences and lectures as well as other relevant announcements are shared through the official website of the “Physical Education Course – Secondary General Education” which is run by the MOECSY to support the course instruction of the P.E. teachers.

In addition to the above-mentioned, a large-scale initiative on the inclusion of physical activities outside the curriculum but within the school day is the “European School Sport Day” which is organised each year under the European Sports Week. During this day, various sports activities are organised in schools of all educational levels of both secondary general and vocational education. As for the initiatives on extracurricular sports activities in schools, a new initiative is the Pancyprian school run “Running for my health” which is organised by the Cyprus Ministry of Education, Culture, Sport and Youth for the first time in 2020 with the aim to raise awareness of students on health lifestyle through sports.

Collaboration and partnerships

There are no official top-level guidelines to support collaboration and the formation of partnerships between schools, youth workers, health professionals and other sport organisations.

Eco-innovation

Cyprus continues to perform poorly in eco-innovation, despite significant improvement. The country scored 56, placing Cyprus at the ranking of 26th and thus significantly behind the EU average. Cyprus is heavily behind the EU28 average in eco-innovation inputs, and also shows low performance in eco-innovation activities and socio-economic outputs. It performs below the EU average in resource-efficiency outcomes and slightly above the EU average in eco-innovation outputs.

Eco-innovation in Cyprus is predominantly produced by individual actors – research institutes or enterprises – as there are no distinct and mature eco-innovation sectors. Cyprus benefits from its significant natural capital in renewable energies of solar and wind, and given these resources, new developments in renewable energies could promote eco-innovation activities. In fact, Cyprus is ranked first in solar DHW per capita. Eco-innovation in the field of energy is also driven by efforts to increase energy efficiency. The agricultural and food industries are also contributing to eco-innovative solutions. Additionally, a number of EC funded research and innovation projects are currently under implementation. In terms of eco-innovation drivers, there is a wide range of EC-supported funding opportunities for R&D which include eco-innovations. Regarding barriers, the Cypriot economy is heavily dominated by SMEs, and exhibits a lack of sectoral concentration and innovative businesses. Overall, the participation of firms in R&D activities is low. Furthermore, the research activity in Cyprus is often not related to the activity of local businesses. Regarding the environmental reform, despite the technical assistance that has been provided to Cyprus on how to reform the civil service structure to improve and simplify environmental licensing and environmental inspections, little progress has been achieved in this direction.

LATVIA

National strategy

The main law regulating the sport sector in Latvia is the Sports Law (adopted on 24 October 2002), which sets general and legal foundations for the organisation and development of sport, sport organisations, mutual relationship and main tasks of state and local government institutions in the development of sport and sport financing foundations, as well as principles to be observed in the international sport movement. However, apart from the Sports Law, essential matters of the sports sector are resolved in international laws and regulations and in policy planning documents of other sectors.

Promoting and supporting sport and physical activity among young people

In Latvia Public Health Guidelines for 2014-2020 include measures for the promotion of physical activities in the society, especially in the population groups subject to the risk of social exclusion and poverty. Based on the guidelines, within the framework of the 2014-2020 programming period of European Union funds (hereinafter referred to as the ESF programming period) there are plans to promote healthy habits in the population, implementing national and local level health promotion and disease prevention measures in four priority (cardiovascular, oncological, care in the perinatal and neonatal period and psychic (mental) health), incl. with regard to the promotion of physical activity, as well as feed, prevalence of use of addictive substances and processes, sexual and reproductive health, psychic (mental) health. Public awareness-raising campaigns will be organised, as well as short training films and information materials (posters, brochures, booklets, etc.) will be developed, public health surveys and other measures will be implemented. Local governments will play a significant role in the implementation of these measures.

Measures for promotion of physical activity are also included in the Sport Policy Guidelines for 2014-2020 developed by the Ministry of Education and Science. One of the main sports policy lines is children and youth sports for the purposes providing every child and young person with the opportunity to get involved in sport classes, adapting types of physical activity according to their physical preparedness and interests.

Public health policy

The Centre for Disease Prevention and Control implements the public health policy in the country, including constantly organises different campaigns, for example, Active Every Day! (Aktīva ik diena!), as well as creates informative materials in the area of physical activities and participates in informing of young people about their meaning in health promotion.

The State Sports Medicine Centre also promotes cooperation in the field of physical activities, including by informing specialists and the society about topical matters. In addition, an informative material on “Prescription of physical activity by a family doctor’s practice” and a “Physical activity prescription” form have been developed for the purposes of motivating family doctors to consult patients on changes in their lifestyle and proper physical activities, including for youths.

Local governments play a significant role in ensuring the availability of health care to the society, as well as promoting healthy lifestyle and sports among the population. In order to support local governments, the “Guidelines for local governments on promotion of health” have been developed, and an NHMC currently involving 94% of local governments has been created. In addition, NHPSN is involved in popularising of physical activities among young people.

Physical education in schools

In Latvia, the mandatory number of subjects in “Sport” is two lessons per week and 2 – 3 minute long dynamic breaks for the development and strengthening of posture of learners may be included in lessons according to regulatory enactments.

Furthermore, any general secondary education programme must have 315 lessons in “Sport” in 3 years.

Regulations of the Cabinet of Ministers No 468 “Regulations Regarding the State Standard in Basic Education, the Subjects of Study Standards in Basic Education and Model Basic Educational Programmes” of 12 August 2014

Regulations of the Cabinet of Ministers No 281 “Regulations Regarding the State Standard in General Secondary Education, the Subjects of Study Standards in Basic Education and Model Educational Programmes” of 21 May 2013

Collaboration and partnerships

In shaping of the health policy, incl. the matters affecting young people, the Ministry of Health cooperates with other ministries, local governments, non-governmental organisations, implementing the “health in all policies” principle. Also, the operation of NHMC and NHPSN also fosters partnership in the field of physical activities among the youth population.

Eco-innovation

In the Eco-innovation Index 2019 Latvia ranks 17th with 86 points among EU28, having slightly improved their score since the last report. Latvia scores highest in socio-economic outcomes, eco-innovation outputs and resource efficiency outcomes, but remains below the EU average in terms of eco-innovation activities and inputs.

The concept of circular economy is gaining recognition in Latvia, but it is not among the most topical issues on the political agenda or discussions in the society. Currently, Latvia is developing a circular economy strategy and has implemented isolated initiatives mostly in the sector of waste management. Some sporadic examples of development can also be found in food production and in new business models like car sharing, short-term rental and reuse. Energy efficiency, sustainable transport and knowledge-based bio-economy have been defined as priority sectors which has helped to increase the number of scientific outputs that are related to eco-innovation. On the policy level, there is a lack of a clear leadership in the development of the circular economy and most actions are scattered among several sectorial responsibilities. Investment in R&D is slowly increasing due to EU Structural Funds resources. However, the measures have insufficient effects on increased research-business collaboration and higher R&D investment by the private sector, which hampers the introduction of increased eco-innovations. Increased performance can be seen in eco-innovation related publications and eco-innovation related media coverage, as well as water productivity and GHG emissions intensity. Weaker performance is found in indicators related to business performance, for example, implementation of resource efficient actions and introduction of sustainable products in businesses as well as exports of eco-innovation products.

LITHUANIA



National strategy

The National Sports Development Strategy (2011-2020) dedicates main attention to the social mission of sport and to the attempt of creating conditions to include all social groups into physical education and sports activity. This strategy covers the majority of activities (sports clubs, sports medicine centers, sports bases, sports management, sports science, media and other areas) and aims to promote healthy lifestyle to the broader society including young persons. The 2011-2020 National Sports Development Strategy has many facets, including: providing recommendations for physical activity levels for the general population; making policy suggestions to improve the infrastructure and urban planning considerations in order to improve opportunities for exercise; and implementing a clearly formulated national campaign for PE and public awareness of physical activity. Many stakeholders are involved in this campaign: the Department of Physical Education and Sports, Lithuanian national radio and television companies, as well as nongovernmental organizations (NGOs) and local municipal organizations. This multifaceted approach is useful in promoting behaviour change in the population, providing information about physical activity and, crucially, ensuring that projects to promote physical activity are implemented.

The Lithuanian Health Program for 2014-2025 aims is to achieve the country's population would be healthier and live longer, the health of the population would improve and health inequalities would be reduced. The program has 4 objectives: to create a safer social environment, reduce health inequalities and social exclusion; to create a health-friendly physical work and living environment; to form a healthy lifestyle and its culture; to ensure high-quality and efficient health care focused on the needs of the population. The objectives of this program are to reduce poverty and unemployment, reduce socio-economic differentiation of the population at the national and community level, reduce alcohol and tobacco use, illicit use and availability of narcotic and psychotropic substances, promote healthy eating habits, develop optimal physical activity habits. As emphasized in the document, in order to reduce the consumption, supply and demand of alcoholic beverages, it is necessary to: prevent the production and smuggling of counterfeit alcoholic beverages; to develop unfavourable public attitudes towards counterfeit and smuggled beverages; to reduce the demand for and consumption of alcoholic beverages by

applying effective, science-based measures recommended by the WHO, including restrictions on sales outlets, time, and advertising of alcoholic beverages; increase excise duties on alcoholic beverages, in line with changes in real wages and inflation rates, in order to make alcoholic beverages a luxury commodity; increase the age requirement for the purchase and consumption of alcoholic beverages by the age of 20; strengthen liability for breaches of the rules on trade in alcoholic beverages, in particular the ban on the sale of alcoholic beverages to minors, to provide for the immediate revocation of the license to engage in the retail trade in alcoholic beverages at the point of sale where the infringements have been detected, without waiting for a repeated infringement; organize social prevention campaigns for target groups; to inform the public about the health effects of alcohol consumption through NGOs by developing information and education on healthy lifestyles and health; implement early intervention programs in the primary care chain; to develop psychological, medical and social rehabilitation and social integration services for persons with alcohol dependence; to promote zero tolerance for drink-driving; to organize assistance to family members and relatives of alcohol addicts; The program aims to reduce tobacco use, as smoking remains one of the leading causes of death in Europe. In Lithuania, about 25 percent smoke. population. "2010 daily smoking averaged 34.2 percent. men and 15 percent. women. 30.4 percent of men and 62.2 percent never smoked. women. 19% of men and 12% of women were smokers. From 2000, when the ban on tobacco advertising came into force, until 2010. The proportion of men who smoked decreased 1.5 times, and the number of women who smoked decreased between 1997 and 2001. increased and stabilized between 2002 and 2010. almost unchanged. Educated men and women smoke less often. Women living in rural areas smoke more often than in urban areas. The share of men and women with tertiary education working in smoked premises has decreased, while the share of those with secondary and lower education has not changed. Thus, considerable progress has been made in the area of smoking prevalence and regulation, but the problem of adolescent smoking remains relevant, "the adopted document states. It emphasizes the need to reduce the availability of tobacco products and their substitutes by restricting their trade in electronic communications networks in order to reduce the consumption, supply and demand of tobacco products; expand the smoke-free environment; to increase the protection of minors from their consumption through regulatory measures for tobacco products; to introduce early education programs in schools, including topics on the harms of tobacco use. it is necessary to reduce the availability of tobacco

products and their substitutes by increasing their prices and restricting their trade in electronic communications networks; expand the smoke-free environment; to increase the protection of minors from their consumption through regulatory measures for tobacco products; to introduce early education programs in schools, including topics on the harms of tobacco use. it is necessary to reduce the availability of tobacco products and their substitutes by increasing their prices and restricting their trade in electronic communications networks; expand the smoke-free environment; to increase the protection of minors from their consumption through regulatory measures for tobacco products; to introduce early education programs in schools, including topics on the harms of tobacco use.

Promoting and supporting sport and physical activity among young people

In 2010 the Parliament of Lithuania has adopted the National Sport Development Strategy for 2011-2020, which serves as a national policy strategy on physical activity, specifically addressing Sports for All promotion. This is supplemented by the Interinstitutional Action Plan for the Implementation of the 2011-2020 National Sports Development Strategy, and together, these plans aim to create conditions for greater inclusion of youth in sports and physical activity in Lithuania. Three main themes make up the strategy: increasing general public awareness of the benefits of physical activity; promoting healthy lifestyles through physical activity, physical education (PE) and sports; and creating the right conditions for citizens to engage in sports and exercise. More specifically, this includes initiatives to encourage young people to participate in voluntary sports activities; recommendations that establish and implement minimum standards for local sports and health infrastructure; and environmental restructuring to encourage children, adolescents and elderly people to participate in healthy lifestyles and sports. The 2011-2020 National Sports Development Strategy also serves as a national recommendation on physical activity. The aim is to promote physical activity among the Lithuanian population, in line with WHO's Global recommendations on physical activity for health (2010), with adults exercising for at least 0.5 hour every day, children exercising for 1 hour every day, and at least 500 000 people participating in national sports development programmes; however, no specific national survey exists for monitoring and surveillance of physical activity in children and youth.

The state and municipalities allocate investments for the development of physical education and sport infrastructure (stadiums, parks, cycling paths etc.). These investments are

allocated in accordance with the procedure laid down by municipal budgets approved by the municipal councils. Investment projects in the field of physical education and sport can be also drawn up in collaboration by the ministries, the Department of Physical Education and Sports, municipalities in compliance with the Programme of the Government, documents of strategic planning and strategic plans of municipalities.

Examples of good practice:

1. *Physical Education and Sports Support Fund:*

Sports for All activities in Lithuania are mostly financed by the Physical Education and Sports Support Fund. All government organizations and NGOs in the field of sports and physical activity may apply to receive funding to finance their activities.

2. *Lithuanian Physical Education Badge programme:*

Every year at the beginning and the end of the school year, all schoolchildren can test their physical fitness and their sports-related knowledge by taking physical fitness and theoretical tests (on healthy lifestyle, personal hygiene and sports history). Participants are awarded badges, certificates or elite diplomas according to the test results and performance improvement, signed by the Minister of Education and Science and the Director General of the Department of Physical Education and Sports.

3. *Sunday is a sport's day:*

“Sunday is a sport's day” is a regular physical activity promotion event organized by the non-profit-making organization “Healthy City” (Sveikas miestas) in the centre of Vilnius. Every Sunday, various sports are presented, and citizens have the opportunity to participate. This physical activity promotion event is sometimes “copied” by other municipalities and various organizations.

4. *National programme to teach children to swim:*

The main purpose of the long-standing national programme is to teach schoolchildren to swim and to behave safely in and near water. The programme is based on the principle of cooperation, involving school administrations (municipal general education institutions), sports NGOs and higher education institutions. Teachers are invited to integrate topics related to safe conduct in and near water into lessons and extracurricular activities.

Physical education in schools

According to the Law on Physical Education and Sport physical education and sport exercise is mandatory in the programmes of formal education (with the exception of higher education institutions). Physical education lessons are mandatory not less than three hours per week and organized in compliance with the general programmes of schools of general education of Lithuania, education standards and general requirements for health safety. In higher education according to the Law on Physical Education and Sport there must not be less than two hours per week of physical education and sport exercise in the first two years of studies.

Physical activity for children of pre-school and pre-primary education programmes is mandatory during the whole period of education by designating not less than one hour per day. In other educational establishments which carry out programmes of non-formal education physical education exercise might be carried out in accordance with the approved teaching plans and (or) curricula. Qualification requirements for teachers to work in the educational establishments referred are laid down by the Law on Education, and for teachers in institutions of higher education – by the Law on Higher Education.

Collaboration and partnerships

The Department of Physical Education and Sports under Ministry of Interior was responsible for the forming sport policy in Lithuania. Nevertheless, the duties were transferred to the Ministry of Education, Science and Sport, sport unit. Currently sport unit responsible for the:

- 1) takes part in shaping the policy of the Republic of Lithuania in the field of physical education and sport, as well as pursue it;
- 2) draws up a long-term physical education and sports strategy and a development programme, strategic action plans of the institution, control their implementation;
- 3) approves a list of strategic sports;
- 4) disposes of state budgetary appropriations, funds of the Republic of Lithuania Foundation for the Support of Physical Education and Sport as well as other funds received in a legal manner, exercises control over the use thereof;

5) coordinates activities of the entities from the system of physical education and sport in the field of physical education and sport;

6) cooperates with the Lithuanian communities abroad in the field of physical education and sport;

7) sets the qualification requirements for heads of physical education and sports institutions, coaches and specialists, their performance evaluation, granting of categories, the procedure for issuing certificates for physical education and sports activities;

8) promotes the development of the physical education and sport information system and sports science;

9) accumulates and analyses statistical information about physical education and sport.

Municipal councils

The municipal councils form a physical education and sports policy in the municipality. Municipal councils set up and liquidate physical education and sports institutions, may, in accordance with the procedure laid down by themselves, fund the activities of sport education centres, sport clubs and other non-governmental sports organizations which function within the municipal territory but do not carry out public administration functions. Municipal councils may set out the criteria and procedure for awarding grants which would be paid from municipal budgets to sportsmen, as well as the criteria and procedure for awarding bonus payments which would be paid from municipal budgets to members of the municipal teams. Municipalities implement a strategy of the development of sports facilities in the municipality, ensure their accessibility to the residents, in accordance with the procedure laid down by the municipal councils, fund participation of teams in national and international competitions, carry out educational activities, shape a positive attitude of the people residing in their territory towards the importance of physical education and sport to health, approve sports teams of city and (or) district municipalities.

Non-governmental physical education and sports organizations

Non-governmental physical education and sports organizations, registered in accordance with the procedure laid down by legal acts, develop Olympic, Paralympic, deaflympics and special Olympics, Sport for All movements in Lithuania, various sports, groups of sports or sport

for all. Physical education and sports organizations have the right to unite into associations in accordance with the procedure and for the purposes laid down by laws.

Sport clubs

Physical education and sport clubs are the main sports institutions. Sport clubs may be established for sport amateurs and for professional sportsmen. Amateur sport clubs are public legal entities whose purpose is to satisfy public interests in the field of physical education and sport, to unite sport amateurs and sportsmen for physical activity, healthy lifestyle, development of physical education and sport, to aim at qualitative and quantitative results of physical education and sport. A unit of an educational and scientific establishment uniting sportsmen of one or several sport branches, sport amateurs, sports promoters may also be regarded as a amateur sport club. Professional sport clubs are private legal whose purpose are to develop professional sports as an economic activity, to aim at quantitative and qualitative sport results.

Eco-innovation

Lithuania ranks 18th among the EU28 and with a score of 82 on the 2019 Eco-innovation Index, leading the group of countries catching up with eco-innovation. Lithuania's strengths lie in the ability to achieve strong resource efficiency and socio-economic outcomes, while eco-innovation activities, inputs and outputs present lower performance results. Still, while the country scores especially low for eco-innovation outputs, eco-innovation related media coverage shows promising results.

In the analysed period of 2018-2019, the country has improved its awareness regarding the circular economy, with increased media coverage from general media sources and emergence of actors that cover circular economy topics. Furthermore, this is a maturing period, particularly regarding the role and activities of NGOs which show a growing level of networking and interconnectedness. There is also a noticeable interest in performing studies on the effects of a circular economy in national industries. This could all lead to future breakthroughs for industries in introducing sustainable practices in the development and service provision. The policy framework has shown trends of centralising data collection that could provide groundwork for a more directed, evidence-based policy approach to circular economy and eco-innovation. The prominent, renewed National Strategy for Climate Change has also introduced goals linked to circular economy and use of circular materials.

CONCLUSION

The European Union pursues an environment-friendly policy and promotes sustainable development. The importance of sport for the environment should not be underestimated. In terms of choice of location and design of sport facilities, choice transport, use of materials and with regard to outdoor sporting activities, there are a lot of opportunities to use of sport in a sustainable manner.

However, there is no specific policy field of sport and environment at the EU and national levels (in Cyprus, Latvia and Lithuania). Therefore, this analysis reflects on the Sport, youth fitness and physical activity aspects more than the environmental ones.

Nevertheless, the most recent EU policy documents in the field of sport do not cover the issue of environment. But the European Commission deals with the matter of sport and environment in its White Paper on Sport (2007). It calls for European sport organisations and sport event organisers to make their activities environmentally sustainable. Also, in European Green Deal of December 2019, sport – like every other sector– has a responsibility to act responsibly for future generations and ensure sustainable use of social, ecological and economic resources. Sport goods and services, their production and their impacts are even more diverse as in other industries and have to be seen as part of the Circular Economy Action Plan laid down in the Communication of the Commission of 2 December 2015 entitled ‘Closing the loop – An EU action plan for the Circular Economy’ (COM(2015) 614 final). Four of the Green Deal's nine policy areas presented at the Commission’s website impact the sports sector as we know it (clean energy, sustainable industry, building and renovation, sustainable mobility). Taking into account the so-called Vilnius Definition 2.0 (an EU definition of sport, used for economic purposes), sport is not only responsible for its core sectors’ or statistical definitions impacts but also for the upstream and downstream (broad definition) impacts on the environment.

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