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1

Name of the project: Youth CAMPetition
Acronym: YouCAMP

Call: ERASMUS-SPORT-2023 (Sport 2023)

Type of Action: ERASMUS-LS (ERASMUS Lump Sum Grants)

Project Number: 101134539

Needs' analysis report (D2.1)

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Index

Introduction.....	3
Objectives of the needs analysis	4
Methodology	4
Needs analysis results	5
Respondent Demographics.....	5
Participating organizations.....	5
Role within the organization:	6
Survey Results	6
Analysis of Open-Ended Responses	16
Nationals frameworks.....	17
Conclusion.....	19

Introduction

3

YOUCamp project is an innovative educational program aimed at encouraging participation of youngsters, aged 14 to 19, in grassroots sport, by strengthening their active participation through national and international multi-sport events and competitions, using a team building approach and the intergenerational dialogue method before, during and after the national not for profit sports youth camps.

The YouCAMP project, coordinated by the International Sports Confederation (CSIT) with the partnership of six national grassroots sports organizations (ASKO, Austria – AiCS, Italy – HLA, Croatia – HOCSH, Greece - TUL, Finland – UCEC, Spain) aims to encourage equal participation of young boys and girls (aged 14-19) in sports. By utilizing a teambuilding approach and intergenerational dialogue, the project plans to stage six national Youth Multi-Sport Camps of five days each, promoting environmental sustainability and inclusivity.

The aim of the survey was to investigate youth and mixed teams' (mixed and equal group of boys and girls aged 14 to 19) participation to the sport activities and events and review which are the most practiced sport activities at local level.

Objectives of the needs analysis

4

The objective of the needs analysis was to identify level of youth participation + mixed sport activities already implemented at national levels. Also, through the needs analysis survey the objective was to analyze what young people, managers and coaches suggest as best practices and criteria for the innovative sport activities. Additionally, needs analysis objective was to determine the reasons why camp should be attractive to young people aged 14-19 years old.

This report summarizes the results of a needs analysis conducted to understand the most popular, new, and inclusive sports among young people at the EU level. The results of the needs analysis will be useful to design the camp program and the innovative sports activities criteria.

Methodology

The needs analysis involved a survey distributed among members of the participating organizations: CSIT, AICS (Italy), ASKO (Austria), HLA (Croatia), HOCSH (Greece), TUL (Finland), and UCEC (Spain). The survey aimed to gather insights on current participation levels, popular sports, barriers to participation, and suggestions for improvement.

For the purposes of this report, "mixed groups" are defined as teams composed of members of different genders (boys, girls, and non-binary individuals) participating together in sports activities.

Needs analysis results

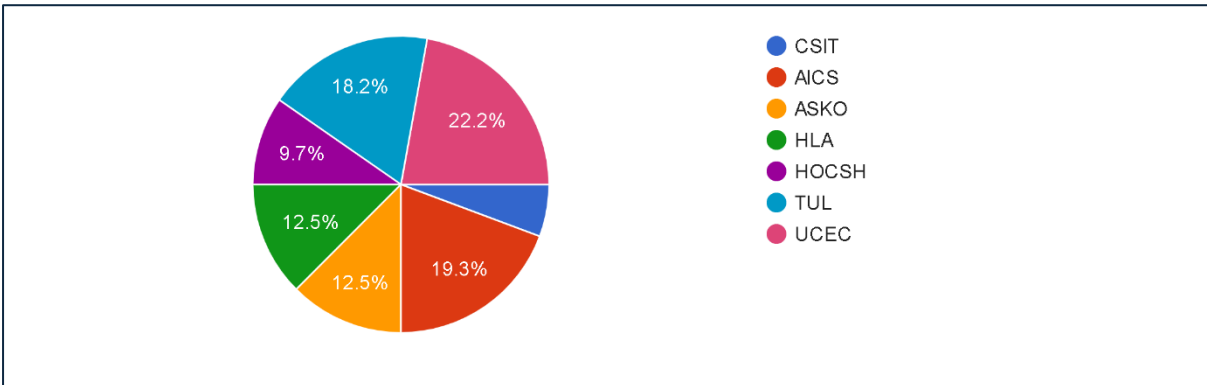
Respondent Demographics

5

The survey was spread through the organisation/members of each grassroots sport organisation using the own channels and the international CSIT channels. In total there were 176 responses collected from survey distributed to young people, intergenerational teams and various sport organizations and clubs from Austria, Italy, Croatia, Greece, Finland and Spain. The respondents of the needs analysis were divided in categories according to their role within the organization: Senior member (board member with a trainer profile), Young leader (aged between 18 and 30 years old, actively involved in the organization's activities), or Young member (aged between 14-19 that would like to join the project).

Total responses: 176

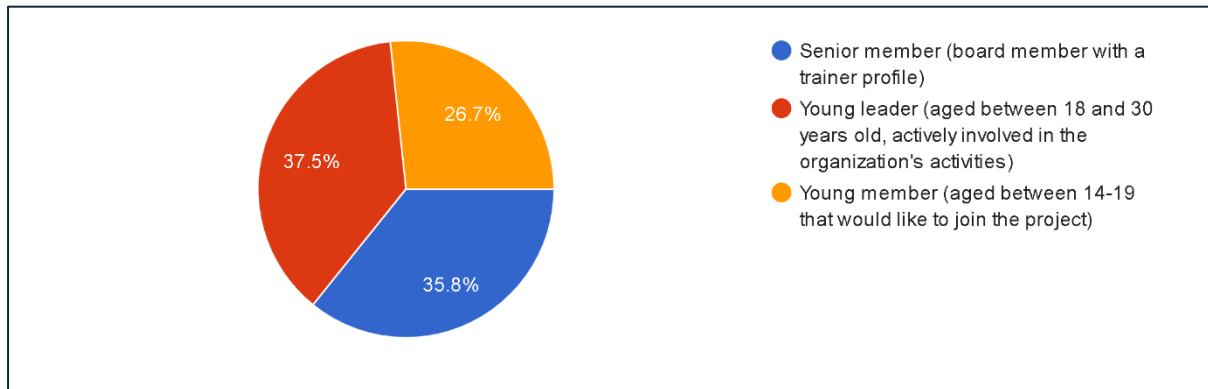
Participating organizations:



Organization	Number of Responses	Percentage
CSIT	10	5.7%
AICS	34	19.3%
ASKO	22	12.5%
HLA	22	12.5%
HOCSH	17	9.7%
TUL	32	18.2%
UCEC	39	22.2%

Role within the organization:

6



Role	Number of Responses	Percentage
Senior member	63	35.8%
Young leader	66	37.5%
Young member	47	26.7%

The respondents engagement in the survey is in line with the initial prediction of having approximately even percentage of responses per category. As far as national context the responses per organization is as follows:

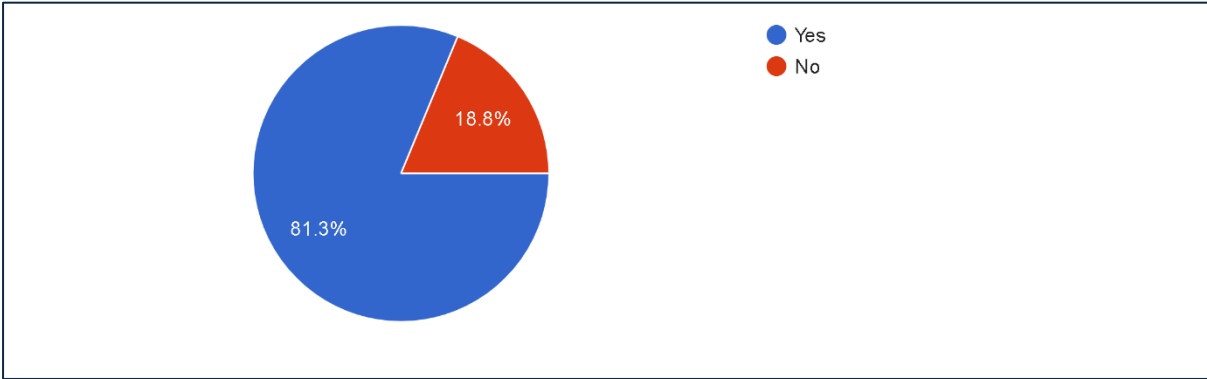
- CSIT – 6 Senior members, 2 young leaders and 2 young member;
- AICS – 10 Senior members, 9 young leaders and 15 young member;
- ASKO - 8 Senior members, 10 young leaders and 4 young member;
- HLA – 7 Senior members, 14 young leaders and 1 young member;
- HOCSH – 9 Senior members, 8 young leaders and 0 young member;
- TUL - 13 Senior members, 18 young leaders and 1 young member;
- UCEC – 10 Senior members, 5 young leaders and 24 young member;

Survey Results

Q1: Are you participating/have you ever took part in any youth and mixed teams (boys/girls/non binary) on sport activities?

1. Participation in youth and mixed teams:

7



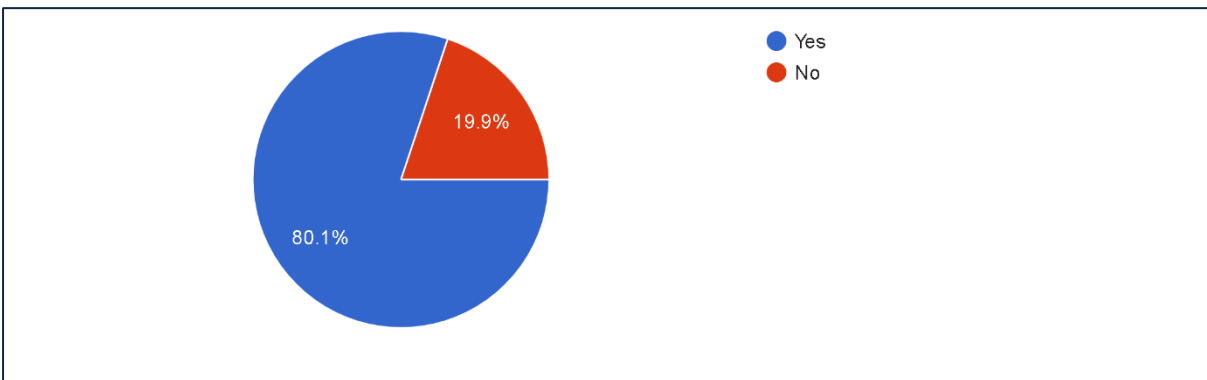
- Yes: 143 (81.2%)
- No: 33 (18.8%)

Organization	Responses „Yes“ %	Responses „No“ %
CSIT	70%	30%
AICS	73,5%	26,5%
ASKO	86,4%	13,6%
HLA	90,9%	9,1%
HOCSH	88,2%	11,8%
TUL	84,4%	15,6%
UCEC	76,9%	23,1%

Comment: The high percentage of youth participating in mixed teams (81.2%) indicates a strong acceptance and engagement in mixed-gender sports activities. This suggests a positive environment for inclusive sports and a good foundation for the YouCAMP project's initiatives.

Q2: Have you ever took part in any youth and mixed teams (boys/girls/non binary) sport event?

2. Participation in mixed teams sport events:



- Yes: 141 (80.1%)
- No: 35 (19.9%)

Organization	Responses „Yes“ %	Responses „No“ %
CSIT	80%	20%
AICS	76,5%	23,5%
ASKO	81,8%	18,2%
HLA	90,9%	9,1%
HOCSH	88,2%	11,8%
TUL	78,1%	21,9%
UCEC	74,3%	15,7%

8

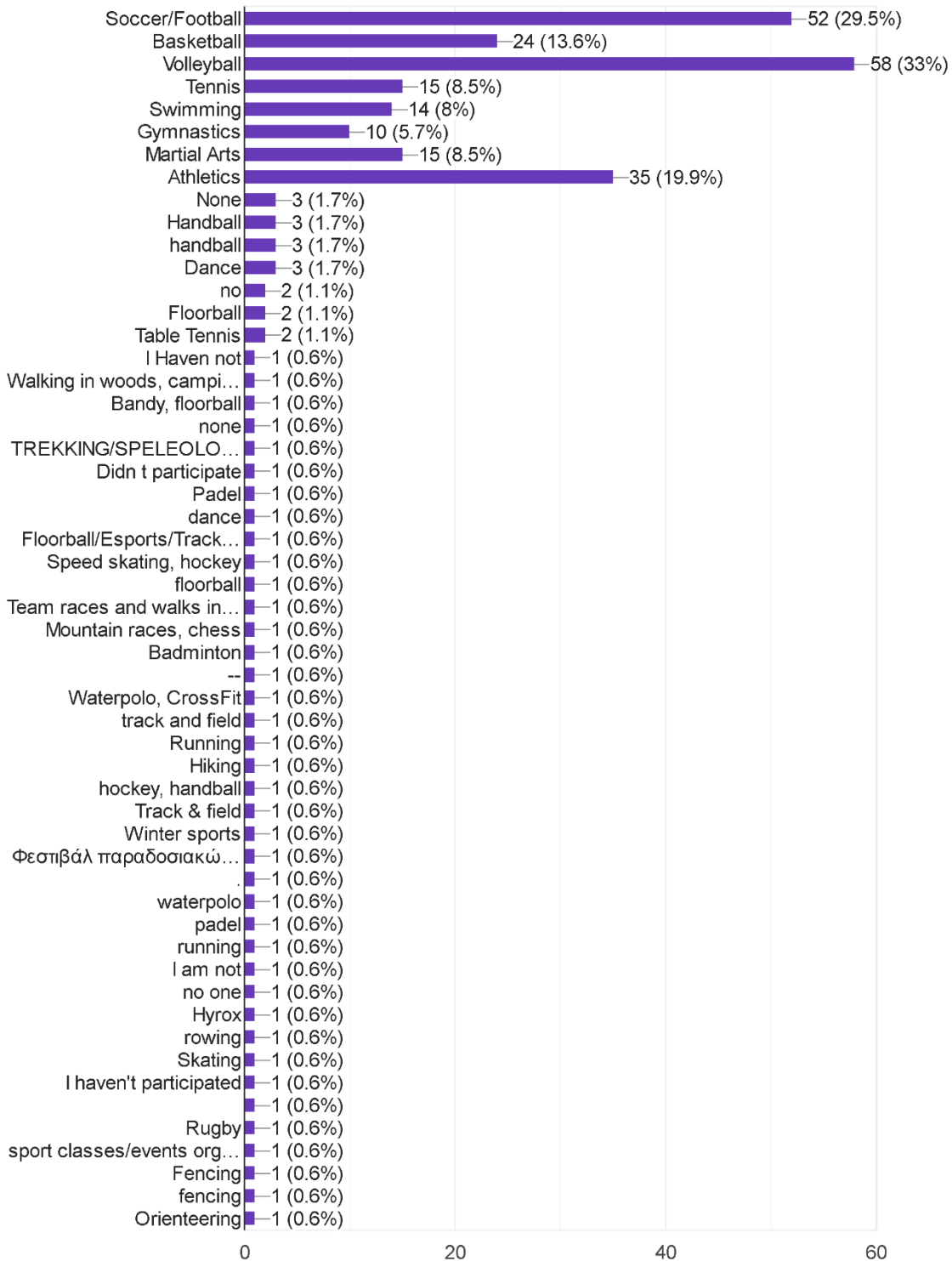
Comment: The data reveals that a significant majority (80.1%) of respondents have participated in mixed teams sport events. This widespread participation highlights the existing interest and experience in mixed-gender sports activities, providing a favourable context for the YouCAMP project's objectives.

**Q3: If yes, which sport(s) are you participating in as part of these teams?
(Please select all that apply)**

3. Sports participated in as part of mixed teams:

Sport	Number of Responses	Percentage
Volleyball	58	33%
Football	52	29.5%
Athletics	35	19.9%
Basketball	24	13.6%
Tennis	15	8.5%
Martial arts	15	8,5%
Swimming	14	8%
Gymnastics	10	5.7%
Handball	6	3,4%
Other	3	1.7%
None	3	1.7%

9

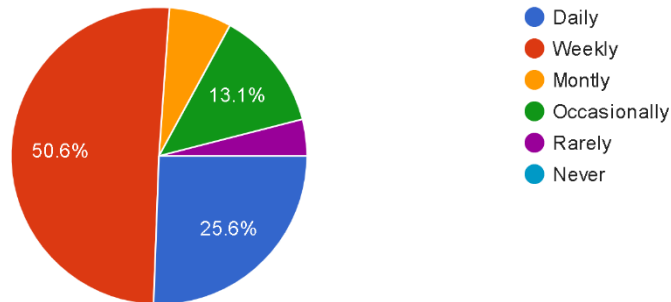


Comment: Volleyball, football and athletics are the most popular sports among mixed teams, followed by basketball, tennis, martial arts and swimming. This insight is valuable for planning the YouCAMP activities, ensuring that popular sports are included to attract more participants while also introducing new sports to diversify the experience. As far as national context, according to responses the most popular sport activities in Italy, Spain and Greece is volleyball, in Austria are volleyball and martial

arts and in Croatia and Finland is soccer/football. It is important to point out that the 3 most popular sport activities will be transversal to all the partners camps.

Q4: How frequently do you participate in sport activities?

4. Frequency of participation in sport activities:



10

Frequency	Number of Responses	Percentage
Daily	45	25.6%
Weekly	89	50.6%
Monthly	12	6.8%
Occasionally	23	13%
Rarely	7	4%
Never	0	0%

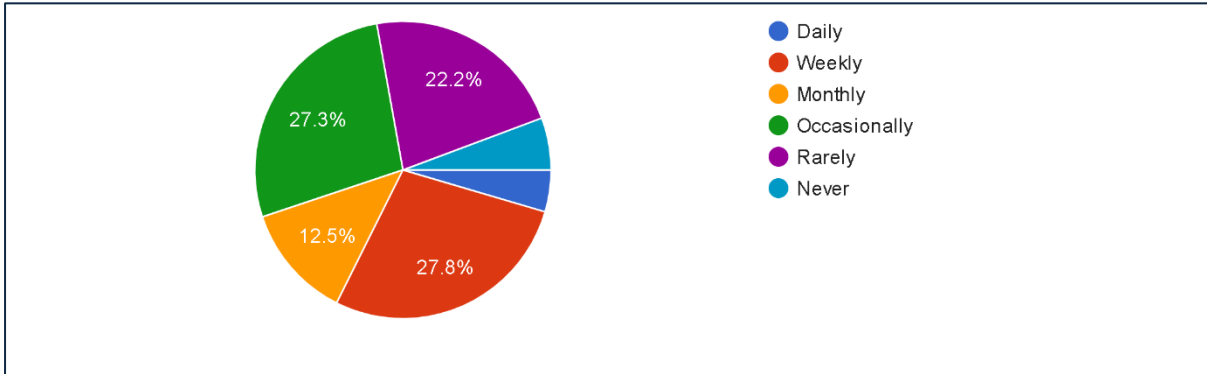
Organization	Daily	Weekly	Monthly	Occasionally	Rarely	Never
CSIT	30%	40%	0	30%	0	0
AICS	32,4%	58,9%	2,9%	5,8%	0	0
ASKO	22,8%	54,6%	9%	9%	4,6%	0
HLA	36,3%	36,3%	40,1%	18,1%	0	0
HOCSH	5,8%	41,2%	11,7%	23,6%	17,7%	0
TUL	21,9%	50%	9,3%	12,5%	6,3%	0
UCEC	25,6%	56,5%	5,1%	10,3%	2,5%	0

Comment: The majority of respondents participate in sports weekly (50.6%), with a notable 25.6% engaging daily. This high frequency of participation suggests that youth are actively involved in sports, indicating a solid foundation for the YouCAMP project to build upon. Strategies to maintain and increase this engagement will be crucial. Also, the low percentage of respondents participating rarely (4%) and no respondents never participating in sport activities indicates relevance in the need of organizing youth sport camps and events.

Q5: How frequently do you participate in sport events with youth or mixed teams?

5. Frequency of participation in sport events with mixed teams:

11



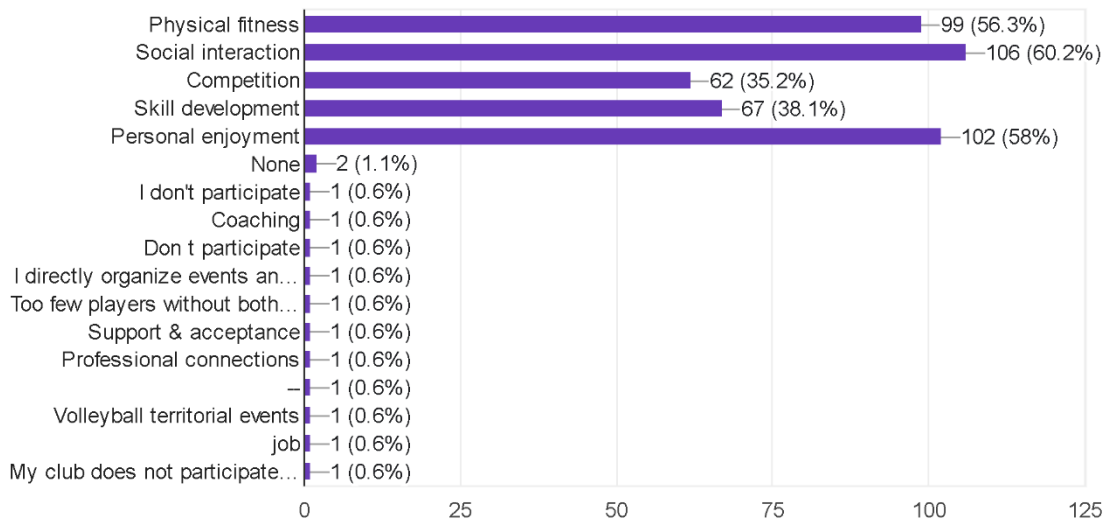
Frequency	Number of Responses	Percentage
Daily	8	4.5%
Weekly	49	27.8%
Monthly	22	12.5%
Occasionally	48	27.3%
Rarely	39	22.2%
Never	10	5.7%

Organization	Daily	Weekly	Monthly	Occasionally	Rarely	Never
CSIT	10%	20%	0	40%	20%	10%
AICS	5,9%	32,4%	20,5%	14,7%	14,7%	11,8%
ASKO	0	27,4%	13,6%	22,7%	31,8%	4,5%
HLA	4,5%	27,4%	13,5%	27,4%	22,7%	4,5%
HOCSH	0	0	0	53%	41,2%	5,8%
TUL	0	31,2%	12,5%	43,8%	12,5%	0
UCEC	10,3%	35,9%	12,8%	12,8%	23,1%	5,1%

Comment: Participation in mixed teams sport events is predominantly weekly (27.8%) or occasional (27.3%), with some engaging rarely (22.2%). The varied frequency highlights the need for regular and accessible mixed-gender sports events to encourage more consistent participation. The higher percentage of „rarely“ and „occasionally“ indicates that most of the competitions are genderly divided into male/female instead of having mixed gender activities. An exceptional case is to be noted in Greece where there are no „daily“, „weekly“ and „monthly“ indicating even more genderly divided organized sport activities.

Q6: What are the main reasons for your participation in these sport events/activities? (Please select all that apply)

6. Main reasons for participation in sport events/activities:



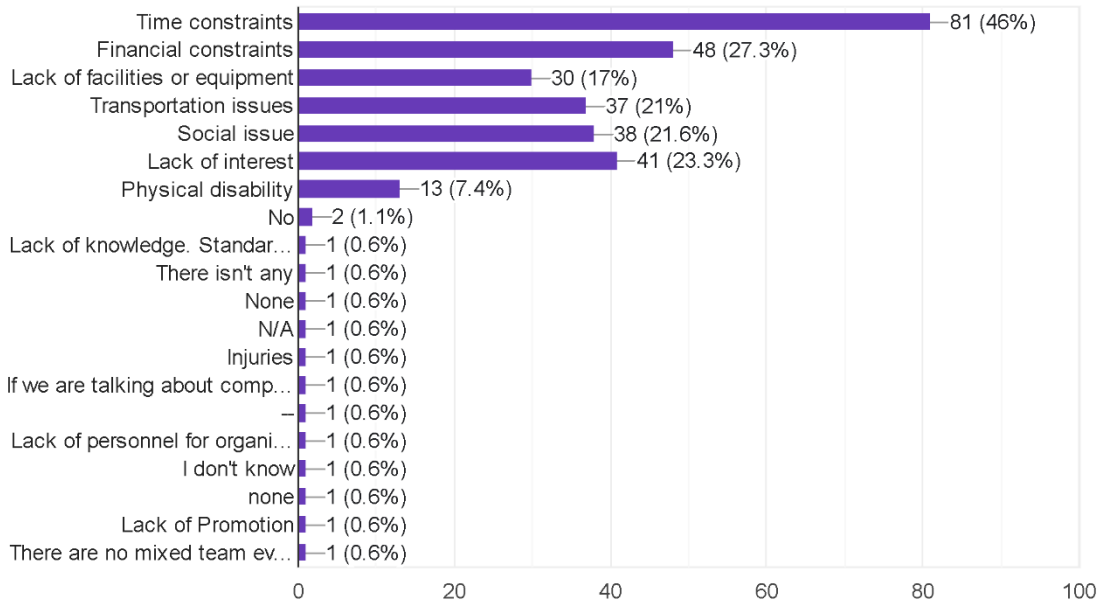
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Reason	Number of Responses	Percentage
Physical fitness	99	56.3%
Social interaction	106	60.2%
Competition	62	35.2%
Skill development	67	38.1%
Personal enjoyment	102	58%
Other	11	5,5%
None	2	1.1%

Comment: Social interaction (60.2%) and personal enjoyment (58%) are the top reasons for participating in sports, followed closely by physical fitness (56.3%). These motivations emphasize the importance of creating a fun, social, and health-promoting environment in the YouCAMP activities to attract and retain participants. Since social interaction and personal enjoyment are most frequent responses, it points out the main need of addressing these aspects through sport activities in the camp.

Q7: In your opinion, are there any barriers that prevent from participating in sport events with your youth or mixed teams? (Please select all that apply)

7. Barriers to participation in sport events with mixed teams:

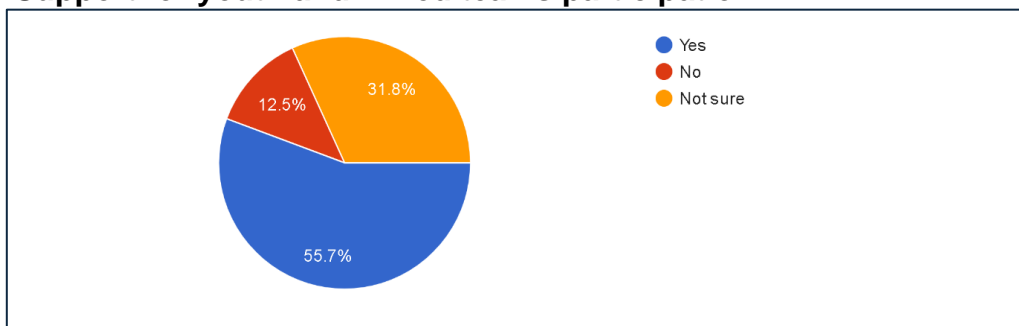


Barrier	Number of Responses	Percentage
Time constraints	81	46%
Financial constraints	48	27.3%
Lack of facilities or equipment	30	17%
Transportation issues	37	21%
Social issues	38	21.6%
Lack of interest	41	23.3%
Physical disability	13	7.4%
Other	1	0.6%

Comment: Time constraints (46%) and financial constraints (27.3%) are the primary barriers to participation. Addressing these issues by offering flexible scheduling and affordable programs will be critical. Additionally, enhancing facilities and transportation can mitigate other significant barriers.

Q8: Do you believe that your national sport club adequately supports youth and mixed teams participation in sport events?

8. Support for youth and mixed teams participation:



Support	Number of Responses	Percentage
Yes	98	55.7%
No	22	12.5%
Not sure	56	31.8%

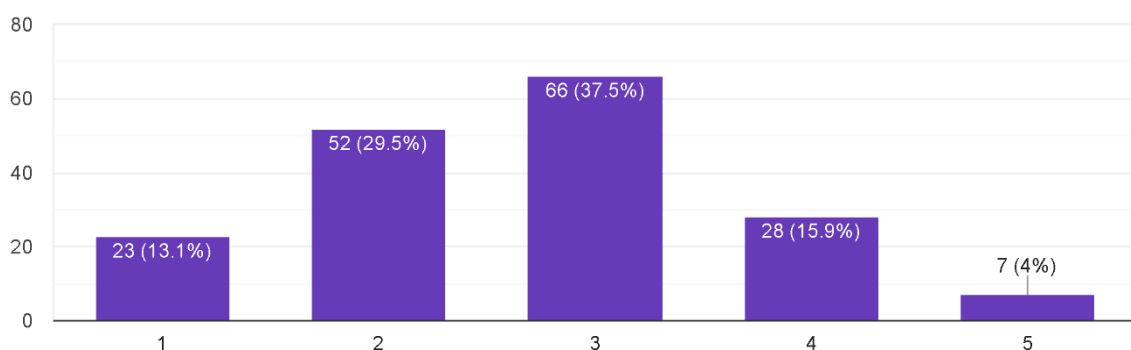
Organization	No	Not sure	Yes
CSIT	0	30%	70%
AICS	20,5%	20,5%	59%
ASKO	9,1%	40,9%	50%
HLA	13,6%	50%	36,4%
HOCSH	5,8%	29,5%	64,7%
TUL	6,3%	28,1%	65,6%
UCEC	17,9%	30,8%	51,3%

14

Comment: A majority (55.7%) support youth and mixed teams’s participation, though a notable portion (31.8%) are unsure. This indicates a need for awareness campaigns to educate stakeholders about the benefits of mixed-gender sports, enhancing support for such initiatives. In terms of senior leaders, young leaders and youth members, 66% of senior leaders believe that national sport club adequately supports youth and mixed teams participation in sport events while 20% of them are not sure and 14% responded with „no“. For young leaders and members responses are bit different as only 52% of respondents believe that national sport club adequately supports youth and mixed teams’ participation in sport events while 37% are not sure and 11% responded with no. This indicates that youth are genuinely not enough informed about the possibilities of mixed gender participation in the events.

Q9: How would you rate the inclusivity and diversity within your youth or mixed team activities?

9. Inclusivity and diversity rating within youth or mixed team activities (1-5 scale):



Rating	Number of Responses	Percentage
1	23	13.1%
2	52	29.5%
3	66	37.5%
4	28	15.9%
5	7	4%

15

Comment: The majority of respondents rated inclusivity and diversity in youth or mixed team activities as average (3) to below average (2), indicating room for improvement. Enhancing inclusivity through targeted programs and policies will be essential for the YouCAMP project to achieve its goals. These responses also suggest adding importance to the inclusive sport activities in terms of making both sport activities and mixed sport activities more inclusive and also supporting its dissemination and visibility in the community.

Analysis of Open-Ended Responses

Participants provided a wide range of suggestions for enhancing youth and mixed teams' participation, which can be categorized as follows:

16

- **Organizational and Structural Changes:**

- More mixed-gender tournaments and events.
- Increased financial support and funding for clubs.
- Better marketing and advertising of mixed teams' activities.
- Improved sports facilities and access, especially in rural areas.

Comment: Implementing more mixed-gender tournaments and providing financial support can significantly boost participation. Additionally, marketing efforts and facility improvements, particularly in underserved areas, will ensure broader access and engagement.

- **Cultural and Social Initiatives:**

- Promote a culture of inclusivity and openness within clubs.
- Encourage participation through social media and community outreach.
- Implement policies against discrimination and for gender equality.

Comment: Fostering an inclusive culture and leveraging social media for outreach can attract diverse participants. Strong anti-discrimination policies will further reinforce the project's commitment to gender equality.

- **Programmatic Improvements:**

- Offer diverse sports activities that cater to different interests.
- Involve youth in decision-making processes to increase engagement.
- Provide training and education for coaches on inclusivity.

Comment: Diversifying sports offerings and involving youth in decision-making will increase engagement. Training coaches on inclusivity ensures that sports activities are welcoming and supportive for all participants.

- **Barriers and Solutions:**

- Address time and financial constraints by offering affordable programs and flexible schedules.
- Improve transportation options for easier access to facilities.
- Ensure equal representation and opportunities for all genders in sports activities.

Comment: Offering affordable and flexible programs can alleviate time and financial barriers. Improved transportation and ensuring equal opportunities will make sports activities more accessible and appealing to a wider audience.

Nationals frameworks

17



SPAIN

In Spain volleyball is the most played sport activity reported. The respondent consider that their organization support the mixed activities at 51,3%, while the other respondent says that they are not sure (30,8%) or not supported (17,9%) from the organization. Reportedly, majority of respondent participate in sport activity daily (25,6%) or weekly (56,5%), however when it comes to participating in sport activity in mixed groups there is a larger proportion of respondent with „rarely“ responses (23,1%)



ITALY

In Italy volleyball is the most played sport activity reported. The respondent consider that their organization support the mixed activities at 59%, while the other respondent says that they are not sure (20,5%) or not supported (20,5%) from the organization. Reportedly, majority of respondent participate in sport activity daily (32,4%) or weekly (58,9%), however when it comes to participating in sport activity in mixed groups there is a less proportion of respondent with „daily“ responses (5,9%) and more respondents participating „monthly“ (20,5%) or „occasionally“ (14,7%).



CROATIA

In Croatia soccer/football is the most played sport activity reported. Half of the respondent are „not sure“ if their organization support the mixed activities (50%), while the other respondent says that they are supported (36,4%) or not supported (13,6%) from the organization. Reportedly, there is an similar respondent rate of participating in sport activity daily (36,3%), weekly (36,3%) and monthly (40,1%), but for participating in sport activity in mixed groups there is a decrease number of respondent with „daily“ responses (4,5%) and „monthly“ (13,5%), and more respondents participating „occasionally“ (27,4%) and „rarely“ (22,7%).



In Greece volleyball is the most played sport activity reported. The majority of respondent are supported by their organization in participating in the mixed activities (64,7%) while a small number of respondent says that they are not supported (5,8%) from the organization. In addition, a notable percentage (29,5%) are not sure about the support of sport organizations. Reportedly, the majority of respondent participate in sport activity weekly (41,2%) or occasionally (23,6%) with a notable percentage of „rarely“ participation (17,7%). In terms of participating in sport activity in mixed groups, there are no respondents participating „daily“, „weekly“ or „monthly, with most of the responses being either „occasionally“ (53%) or „rarely“ (41,2%).



In Finland soccer/football is the most played sport activity reported. The majority of respondent are supported by their organization in participating in the mixed activities (65,6%) while a small number of respondent says that they are not supported (6,3%) from the organization. In addition, a notable percentage (28,1%) are not sure about the support of sport organizations. Reportedly, majority of respondent participate in sport activity daily (25,6%) or weekly (50%), however when it comes to participating in sport activity in mixed groups there are no respondent with „daily“ responses and lot more respondents participating „occasionally“ (43,8%).



In Austria volleyball and martial arts are the most played sport activities reported. Half of the respondent are supported by their organization in participating in the mixed activities (50%) while a small number of respondent says that they are not supported (9,1%) from the organization. In addition, a notable percentage (40,9%) are not sure about the support of sport organizations. Reportedly, the majority of respondent participate in sport activity „daily“ (22,8%) and „weekly“ (54,6%) with small proportion of „occasionally“ and monthly (9%) . In terms of participating in sport activity in mixed groups there are no respondent with „daily“, a decrease number of respondent with „monthly“ (13,5%), and more respondents participating „occasionally“ (22,7%) and „rarely“ (31,8%).

Conclusion

19

The needs analysis for the YouCAMP project reveals a strong interest and participation in mixed-gender sports activities among youth. However, until now, young people are not fully aware about the possibilities that their national organisations could offer about youth and mixed activities. In fact, the survey highlighted that a big part of the youth population is not sure about the support in mixed activities; a national awareness campaign and more visibility to the mixed activities could be helpful to lower the percentage of people that don't feel supported from the organizations.

Even in sporting events, mixed participation sees lower scores than weekly sports practice; this data provides a picture of the international situation that sporting events dedicated to mixed teams need to be strengthened by offering the opportunity to experience more competitions in mixed teams.

However, there are significant barriers related to time, finances, and social issues that need to be addressed; the national camps will take care of these aspects in order to meet the needs of the young people: enhancing support for mixed teams, promoting inclusivity, and increasing accessibility to sports facilities are crucial steps for achieving the project's goals.

The most practiced sports activities that have been identified are soccer/football, volleyball and athletics; these three sports activities are the ones that are most practiced in mixed teams at the international level and will represent the 3 transversal sports that will be practiced during each national camps.

The insights gathered from the survey will help the design and implementation of the Youth Multi-Sport Camps in order to meet the needs and preferences of young participants across Europe.

In addition, the survey's results will also represent the starting point to develop 2 innovative and mixed sport activities for each organisation, in order to implement them at local/national level with the aim of attract more young people in mixed sport activities, ensuring inclusion and equal opportunity for all.