

MENTAL
EUROPEAN
NETWORK
OF SPORT
EVENTS

MENS
PROJECT



FINAL CONFERENCE MINUTES

ATHENS, GREECE
14-15 JUNE 2018

M.E.N.S. Project
Mental European Network of Sports

Supported by the



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FINAL
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INTRODUCTION

The present volume is the final deliverable of the MENS Project that includes the Minutes of the Final Conference which took place in Athens in June 14-15, 2018. For the policy papers a specific volume is published, including the 12 Policy Papers covering different aspects of the connection of Sport and Physical Activities with Mental Health.

Thus, in this booklet you will find the following selected materials of the Conference:

- The detailed agenda of the Conference
- The opening speech by the MENS Project Manager presenting the vision of the project and the overall initiative on the connection of Sport and Physical Activities with Mental Health.
- An outline presentation of the MENS Project where a detailed description of the project development, the project aims and outcomes are provided.
- A condensed presentation of the Research conducted during 2017 in 12 countries to collect data on the situation and connection between Sport and Physical Activity and Mental health field, throughout organizations and individuals across Europe, in order to prepare the ground for the European Awareness Campaign that followed the next year.
- The “Life is Like a bike” Awareness campaign
- The Statutes of the European Network of Active Living for Mental Health (ENALMH) which is seated in Brussels, Belgium after its establishment on February 1st, 2018.



AGENDA

MENS Project Final Conference 14th June 2018

Amphitheater «Antonis Tritsis», Cultural Center City of Athens, Greece

Registration

9:00 – 10:00 Welcome Speeches

Maria Kerasoglou, President of KSDEO “EDRA”

Dr. Euaggelos Kuriazopoulos, Secretary General Municipality of Galatsi

10:00-10:15 Opening Speech, MENS Project and beyond

Nikos Andreopoulos, MENS Project Manager

10:15 POLICY PAPERS - 1st Session

Facilitators

Kostas Karteroliotis, *Professor at the School of Physical Education and Sport Science National and Kapodistrian University of Athens*

Eleonora Markou, *Psychologist / Sports Science Specialist*

Association of Sports, Physical Activity and Exercise with Mental Health: Existing Policies and Practices in the European Union

Eleonora Markou, *Psychologist / Sports Science Specialist*, **KSDEO EDRA - GR**

Development of Models of Physical Activities, Sport Events & Exercise Programs

Emmanouil Skordilis, *Associate Professor in Adapted Physical Activity*, **School of Physical Education and Sport Science National and Kapodistrian University of Athens - GR**

Mental Indicators and Physical Activity

Dr. Sakis Pappous, *Reader*

Antigoni Zafeiri, *Research Assistant @ Data Analyst*

UNIVERSITY of KENT - School of Sport and Exercise Sciences - UK

The Preventive Role of Physical Activity In Mental Health

Francesca Cesaroni, *Project manager*, **COOS Marche - IT**

Inclusion of people with mental health problems through sport,

Hana Hanibalová, *Project Coordinator*, **Fokus - ČR**

11.30 - 12.00 Coffee Brake

12.00 – 13.30 POLICY PAPERS - 2nd Session

Mental health and Stigma in Europe

Pauline Moloney, *Board Member*, **FIRST FORTNIGHT - IE**

Addressing stigma in local authorities through sports

Roi Kinti, *Sociologist*, **Municipality of Galatsi - GR**

Active Living and Mental Health: Social Partnership between the Public and Private Sectors

Nicola Daley, *Chief Executive Officer*, **Merseyside Expanding Horizons - UK**

Sports as a means of non-pharmaceutical treatment for mental illness

Gustavo Martin Villarejo, *Head of Diversity Department in Valladolid*, **Intras Foundation**

Sport and mental health within the typical education systems

Fabrizio Boldrini, *General Director*

Maria Rita Bracchini, *Chief of the European Unit*, **Villa Montesca - IT**

Comparative approach on sports for mental health and sports for physical or intellectual disabilities - Rijeka Disability Sports Association - CR/ Golbasi Spor Kulübü ve Derneği - TR /Ozara - SI/ ASOK - LI

13:30 - 14.30 Lunch Brake

14:30 – 14:45 POLICY PAPER

Physical Activity for the Treatment of Patients with Mental Illness: Training Needs of Professionals

Simona Palumbo, *Project Manager at CESIE adult unit, working in the field of sport education, entrepreneurship support and employment*, **CESIE - IT**

14.45 - 15:15 EUROPEAN RESEARCH PRESENTATION

George Dionisiou, *Sociologist/ Statistical Analyst*
Pantelis Sarakiniotis, *Social Scientist*

15:15 - 15:30 “LIFE IS LIKE A BIKE” CAMPAIGN: PRESENTATION

Ioanna Zimariti, *Theatrologist / Journalist*

15:30 -15:50 1st EUROPEAN SPORT EVENT FOR MENTAL HEALTH PRESENTATION

Elena Tonikidou, *Art Therapist*
Gina Pandroula, *Press Officer @ Public Relations, Municipality of Galatsi*
Eleonora Markou, *Psychologist / Sports Science Specialist*
Evi Marouli, *Economist*
Ioanna Zimariti, *Theatrologist / Journalist*

15:50 - PRESENTATION OF THE EUROPEAN NETWORK ON ACTIVE LIVING FOR MENTAL HEALTH (ENALMH)

Alexandros Oikonomou, *Psychologist/Vice President of ENALMH*
Nikos Andreopoulos, *Secretary General of ENALMH*



OPENING SPEECH

MENS PROJECT AND BEYOND

Dear representatives of the official sector,
Dear partners, old and new friends

I would like to thank all of you for your presence here, for sharing with us a great moment of a long journey that started since two thousands fourteen (2014) when the MENS proposal has been firstly submitted to the Sport call of the ERAMUS + Programme. It was then when we started to think on a overall initiative that would exceed the national framework and respond in wider EU level challenges, based on the long tradition of the PANATTICI Sport Event, organized by EDRA since two thousands seven (2007). There are times during which high targets, especially in case that they seem bigger than the size of the initiator, act as a spring: loaded with a tension that corresponds to the value of the goal and exceeds the available potential at the moment.

This was MENS case. Our first step led to the next one and then to the next one. Within a continual process, we were transforming and enriching our core ideas as well as the operational approach also, until we elaborated in details the innovative final concept and our effort has been awarded by the EU institutions. It seems that it was not a coincidence that in that very moment, early beginning of two thousands seventeen (2017), the first state psychiatric hospital, using exclusively physical activities and arts in the place of medicine treatment, has been put in operation. The Norwegian National Mental Health System “seals” in the most official way the effectiveness of factors that, up to that moment, even their supplementarity was argued.

A path hardly opened had to become a highway.
This was our mission and it is well served as you will see.

The inspiration for the acronym “M.E.N.S.” came up from the famous Latin quote: “Mens Sana in Corpore Sano” in which not only the word itself but also its content directly refers to the core of the initiative. This core is no other than the link between Sport & Physical Exercise with Mental Wellbeing. If this connection itself seems to be a cliché or self-evident, unfortunately the review of the evolution of relevant policies and actions proves that we are far from integrating this fundamental truth into our daily life as well as in the wider therapeutic approaches. It is rather characteristic that, until the time of this initiative, any such effort, if and when was manifested, was framed in contexts that are weakly related or not related at all to Mental Health like well established sporting events, scientific documentation, advocacy on rights, etc.

In fact this requested link actually consists of five thematic ones which they do result when work in unison. And these are:

- prevention
- therapy
- rehabilitation
- anti-discrimination
- community action

This initial belief was the trigger to design of a strategy in such a way so to develop all the required components towards the realization of this approach at a European level. Thus, the main pillars of the MENS project, which is co-funded by the European Commission under the ERASMUS+ / Sport Program, are:

Policy, Awareness, Institutional approach

1. First comes the development of a structured policy background aiming to effectively connect physical activity and sports to mental health. This goal is addressed by the collective volume of 12 Policy Papers included in the folder you already have at your hands. These papers have been conducted by individual partners or group of them under the significant supervision of the School of Physical Education and Sport Science of the National and Kapodistrian University of Athens. We hope that the happy ending of this specific work would be an official Recommendation of the European Commission establishing a specific policy on the field. But besides the content, the extended bibliographic references, the comprehensive presentation of European policies and the collection of a large number of relevant practices provide an extremely useful tool for researches, professionals and decision makers at European and national level.

2. The second of the aforementioned pillars was the raise of awareness amongst
- mental health services users,
 - public and private stakeholders,
 - sport and mental health professionals and
 - the general public

The aim of the campaign is to promote the value and the benefits provided from the connection of Sport & Physical exercise with Mental Health. The change, that we are working for, can't come solely by the enrichment of the scientific knowledge. This knowledge needs to become accessible and familiar to the general public and motivate everyone who is functionally involved in this process. This is what the "Life is like a bike" European Campaign stands for, aiming to give flesh and blood to the second pillar.

But a communication campaign in order to be effectively designed must be evidence-based. So, we feel very proud of the fact that that, before the Campaign, a European Research has been conducted in twelve (12) countries aiming to identify the current status and the perceptions of the European population on the connection of the two fields.

This is the second scientific contribution of the MENS project which will be presented during the sessions that will follow.

3. The last pillar is the foundation of an institutional tool in order to achieve our main goal. We need actually an instrument able to overcome the limited duration and spatial scope that usually projects have. Thus, the strategic planning of MENS is

accomplished with the establishment of the European Network of Active Leaving for Mental Health (ENALMH) which holds an institutional role in the continuous promotion of the objectives of this initiative at a European level.

That is why we located ENALMH in the very front line as it is legally seated in Brussels, it runs under the Belgian Law and will develop its activities closely to the policy and decision making European institutions.

However, besides any theoretical processing, communicational intervention or institutional reinforcement we need the inner power and value of direct experience. So, the organization of the 1st European Sport Event for Mental Health that will take place in Athens in September two thousands eighteen (2018), within the framework of the “EVENTS” project, twin sibling of “MENS”, provides the opportunity to test our perceptions in the field and spread the messages.

But mainly it will work as the floor to make an open call for a wider Movement of Active Living for Mental Health to be developed. All respective groups are invited to participate and contribute however they can: recipients and providers of mental health services, policy makers, educational and research institutions, professional as well as amateur athletes and players, the private sector of sport, health and welfare systems, and, finally, the society as a whole, either individually or collectively. Living in a contradictory environment.... - we can't ignore the ever-worsening statistical picture of the spreading numbers of mental illnesses. - we can't ignore the privatization trend that appears stronger day by day and affects the overall health sector.

On the other hand - we can't forget the given, from now on, contribution of sport and physical activity to the prevention of mental disorders - we can't also forget their importance on combating stigmatization of mental illness.

Thus, the Movement of Active Living for Mental Health is something that should concern everyone, gain its official recognition within EU policies and must meet the active support by the related institutions of the European Union.

In the sessions that follow we will present in details the completed project's outcomes but not only. Further steps already done will be also presented. And beyond these, we will share plans on new available opportunities for common actions. I hope that now is clear why the title of this speech is “MENS and beyond”.

The good start has been done.
More are coming.

But, it is people who make things happen. Without people personally concerned and physically involved, ideas seem to be shadows and visions could reduced to politics.

On behalf of K.S.D.E.O. “EDRA” a warm thanks to all wonderful fellow travelers in this long journey.



MENTAL EUROPEAN NETWORK OF SPORTS M.E.N.S. PROJECT

Mental **E**uropean **N**etwork of **S**port events - “**MENS**”, which in Latin means: Mind, thought, intention and intellect.

“MENS” Project aimed to develop strong institutional procedures for the specific contribution of sports and physical exercise to the prevention, therapy and rehabilitation of the Mentally Ill at a European level.

Due to four key reasons these procedures are currently in nil to low:

- The stigma is still associated with current procedures and therapeutic intervention courses and the mental patients themselves.
- The lack of widespread documentation of the importance and effects of sports in rehabilitation of mentally ill.
- The lack of expertise of health professionals for the integration of sports activities in the current treatment concepts.
- The absence of specific cross-sectoral policies to encourage the integration of sports activities in the rehabilitation processes of the mental patients.

Overall Goal

A new approach on the relation between Physical exercise / Sport and Mental Health

The project’s goal was to promote voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity through increased participation in, and equal access to, sport for all.

Project Outcomes

A. POLICY PAPERS

A core target of the project was the development of a structural policy background aiming to effectively connect physical activity and sports to mental health.

The work was functionally distributed among the project partners based on their own expertise and field of operation, in topics that were considered as the first aspects that need to be explored around the link between physical exercise and sport with mental health.

Nr.	POLICY PAPER	RESPONSIBLE PARTNERS
1	Association of Sports, Physical Activity and Exercise with Mental Health: Existing Policies and Practices in the European Union	KSDEO EDRA Greece
2	Development of Models of Physical Activities, Sport Events & Exercise Programs	UNIVERSITY OF ATHENS-SCHOOL OF PHYSICAL EDUCATION AND SPORTS SCIENCES Greece
3	Mental Indicators and Physical Activity	UNIVERSITY of KENT SCHOOL OF PHYSICAL SCIENCES United Kingdom
4	The Preventive Role of Physical Activity In Mental Health	COOSS Marche Cooperativa Sociale Onlus Italy
5	Inclusion of people with mental health problems through sport	FOKUS Czech Republic
6	Mental health and Stigma in Europe	FIRST FORTNIGHT Ireland
7	Addressing stigma in local authorities through sports	Municipality of Galatsi Greece
8	Active Living and Mental Health: Social Partnership between the Public and Private Sectors	MERSEYSIDE EXPANDING HORIZONS United Kingdom
9	Sports as a means of non-pharmaceutical treatment for mental illness.	INTRAS FOUNDATIONS Spain
10	Physical Activity for the Treatment of Patients with Mental Illness: Training Needs of Professionals	Centro studi e iniziative europeo Italy
11	Sport and mental health within the typical education systems	CENTRO STUDI VILLA MONTESCA Italy
12	Comparative approach on sports for mental health and sports for physical or intellectual disabilities	SSOI - RIJECA DISABILITY SPORTS ASSOCIATION, Croatia/ / Golbasi Sporium Spor Kulübüve Dernegi, Turkey/OZARA ZAVOD Maribor, Slovenia / Asociacijos Olimpikas, Lithuania

As a result, a volume was produced, including all the above policy papers, which contain strong documentation that urgently support not only the necessity for further scientific research but also the demand for the development of specific policies at a European level and also, of effective practices at both national and local levels.

The volume is available for downloading in all partner languages in the project's website (www.mensproject.eu).

B. EUROPEAN MAPPING

The mapping process took place from February till late September 2017 in all 28 EU-MS states & Turkey with thousands of organizations mapped and contacted by the project's partners.

The target groups were:

- Public or Private entities operating in the field of Mental Health (NGO's, Hospitals, Boarding Houses, Other Structures etc.)
- Organizations & Entities operating in the Physical Activity/ Sports sector, (associations, teams, clubs, sport federations etc.)
- Research and educational institutions the field of interest of which is connected with the project's objectives and aims
- Local Authorities (Municipalities, Regions) which follow specific politics on the subject OR implement a respective practice
- Policy & decision makers
- State Authorities(Ministries, Agencies etc.) the object of which is with the project's objctives and aims

Hundreds of entities were mapped across the entire continent, creating an invaluable list and providing a great tool for the Networking purposes of both the project and also of the European Network of Active Living for Mental Health.

C. EUROPEAN RESEARCH

The purpose of MENS Research was doubled.

First of all, it aimed to collect data on the current situation on the connection of Sport & Physical Activity and Mental Health throughout organizations and individuals across European countries, using a number of specifically designed surveys for the first stage and semi-structured interview questionnaires for the second stage.

Secondarily, it was always meant to serve as a prelude for the European Awareness Campaign which would follow immediately after. Indeed, the philosophy and spirit behind the campaign's materials found their origins in the results of MENS Research, greatly aligned with the answers provided by all target groups which operate daily in the fields.

The research took place in 12 European Countries (Greece, Italy, Spain, Ireland, Croatia, Slovenia, Lithuania, Turkey, UK, Belgium, Czech Republic, and Portugal) and was carried out by all 17 partners of the MENS Project.

The Target Groups were:

For the first stage (quantitative research):

- Organizations/Entities/Structures/Research & Educational Institutions/ Policy & Decision Makers active in Mental Health Field
- Organizations/Entities/Federations/Research & Educational Institutions/ Policy & Decision Makers active in Sport/ Physical Activity Field
- Mentally Ill/ Users of Mental Health Services
- General Public–Brief presentations of the results from each group separately can be found in the following links:

For the second stage (qualitative research):

- Policy Makers/ Representatives of State Authorities
- Representatives of Local Authorities (Municipalities, Regions etc.)

The research set the stage for the European Awareness Campaign, providing the directions which needed to be followed during the creation of its tools and the general idea behind the tone and the character of its materials.

Results – Answerers

- 458 representatives of mental health organizations
- 257 representatives of Sports Organizations and Entities
- 468 users of mental health services
- 1473 individuals from General Public D. Awareness Campaign

The Awareness Campaign is hosted to the project WEB Site www.mensproject.eu and promoted by the partners' web sites and social media accounts.

Media partners by case in different countries

The logo of the Campaign is "Life is like a bike" inspired by the famous quote of Albert Einstein.

The following materials have been produced and promoted:

1. Poster / web banner in 11 languages
2. Main TV spot of 30'' duration in 11 languages produced by the coordinator
3. National spots of different duration produced by the partners.

E. Foundation of a European Network

The European Network of Active Living for Mental Health (E.N.A.L.M.H.) was founded February 1st, 2018 following the decision of the project meeting of June 23rd 2017 in Prague, Czech Republic

The Network is the partners' legacy. An entity that will remain after the project's expiration date and will promote the outcome of MENS project, while it will continue growing, attracting potential members which share the same goals and serve similar values.

The main goals of the Network are:

- Enrichment of the therapeutic procedures of mental health services with the good use of sport and physical exercise for the users.
- Strengthening of social cohesion by combating stigma of the mentally ill people.
- Emerging of Sport and Physical Exercise as a fundamental parameter to the prevention of mental health problems
- Support and realization of sport events and physical activities for Mental Health by its members
- Contribution in research and educative processes which aim to clarify and extend the connections between the fields of Sport and Physical Exercise and Mental Health.
- Support the rights of the users of mental health services with means that stem from its mission
- Promotion of policies which are related with the connection between the fields of Sport and Physical Exercise and Mental Health at European and National Levels.
- Cooperation with other, specialized organizations which are active in the fields mentioned given the fact that only an integrated multidisciplinary holistic approach can deliver the necessary results in the field of Mental Health.

The Network has the legal form of an International Not for Profit Association (AISBL), it is legally seated in Brussels, Belgium and operates under the Belgian Law and the geographical scope of its activities includes the countries which are members of the Council of Europe

The Partnership

Partner	Organization	Country	Website
PP1- Coordinator	K.S.D.E.O. "EDRA"	Greece	www.edra-coop.gr
PP2	National and Kapodistrian University of Athens -	Greece	http://old.phed.uoa.gr/index_en.php
PP3	University of Kent - School of Physical Sciences	UK	https://www.kent.ac.uk/
PP4	COOSSocialeOnlus	Italy	http://www.cooss.it/
PP5	Foundation INTRAS	Spain	http://www.intras.es/
PP6	E.U.F.A.M.I. European Network	Belgium	http://www.eufami.org/
PP7	Golbasi Sporium Spor Kulübü ve Derneği	Turkey	http://www.ankaragolbasi.gov.tr
PP8	AsociacijaOlimpikas	Lithuania	https://www.facebook.com/Olimpikas/
PP9	OZARA Zavod Maribor	Slovenia	http://www.ozara.si/ozara-zavod-maribor/
PP10	SSOI – Rijeka , Disability sports Association	Croatia	http://www.ssoi-rijeka.hr/
PP11	Centro Studi Di Villa Montesca	Italy	http://www.montesca.eu/
PP12	ANARP Organization	Portugal	http://www.anarp.org.pt/
PP13	First Fortnight Ltd.	Ireland	http://firstfortnight.ie/
PP14	Merseyside Expanding Horizons	UK	http://www.expandinghorizons.co.uk/
PP15	Municipality of Galatsi	Greece	http://www.galatsi.gov.gr/
PP16	CESIE	Italy	http://cesie.org/
PP17	Fokus Praha	Czech Republic	http://www.fokus-praha.cz/

Duration: 18 Months (January 2017 – June 2018)

Budget: 491.200 € - EU Grant: 392.960 €



THE RESEARCH

Mapping

The mapping process was carried out by all partners and its aim was to map organizations and entities from several target groups which operate in the fields of Mental Health and/or Sports & Physical Ability and that, in cases, have successfully achieved a connection between them with respective practices/policies etc.

It took place from February 2017 till September 2017 and organizations from all 28 EU Member States & Turkey (Partner Country) were mapped.

The target groups were:

- Public or Private entities operating in the field of Mental Health (NGO's, Hospitals, Boarding Houses, Other Structures etc.)
- Organizations & Entities operating in the Physical Activity/ Sports sector, (associations, teams, clubs, sport federations etc.)
- Research and educational institutions the field of interest of which is connected with the project's objectives and aims
- Local Authorities (Municipalities, Regions) which follow specific politics on the subject OR implement a respective practice
- Policy & decision makers - State Authorities

Hundreds of entities were mapped. Any interested parties can visit the following link for brief results of the process: <http://mensproject.eu/wp-content/uploads/2018/03/MAPPING-FINAL-RESULTS.pdf>

Research

The purpose of MENS Research was doubled.

First of all, it aimed to collect data on the current situation on the connection of Sport & Physical Activity and Mental Health throughout organizations and individuals across European countries, using a number of specifically designed surveys for the first stage and semi-structured interview questionnaires for the second stage.

Secondarily, it was always meant to serve as a prelude for the European Awareness Campaign which would follow immediately after. Indeed, the philosophy and spirit behind the campaign's materials found their origins in the results of MENS Research, greatly aligned with the answers provided by all target groups which operate daily in the fields. The aim of the survey, with regard to the general population and the mental health users, was to identify the degree of exercise but also to ascertain the positive effect of physical exercise on mental health. In the case of health and sports organizations, the aim was to ascertain the understanding of the positive effect of exercise on mental health and the

extent to which physical exercise was utilized as a means of improving mental health.

It took place in 12 European Countries (Greece, Italy, Spain, Ireland, Croatia, Slovenia, Lithuania, Turkey, UK, Belgium, Czech Republic, and Portugal) and was carried out by all 17 partners of the MENS Project.

The Target Groups were:

For the first stage (quantitative research):

- Organizations/Entities/Structures/Research & Educational Institutions/ Policy & Decision Makers active in Mental Health Field
- Organizations/Entities/Federations/Research & Educational Institutions/ Policy & Decision Makers active in Sport/ Physical Activity Field
- Mentally Ill/ Users of Mental Health Services
- General Public–Brief

Presentations of the results from each group separately can be found in the project's web page.

For the second stage (qualitative research):

- Policy Makers/ Representatives of State Authorities
- Representatives of Local Authorities (Municipalities, Regions etc.)

The **first stage** of the research, which took place from September 2017 till November 2017, was conducted via online surveys. The data was collected using an anonymous, structured, electronic questionnaire, which was created by the scientific experts of the project team uploaded onto the program's website.

The electronic questionnaire was developed with the assistance of the Question Pro platform.

There were four Four (4) questionnaires - one for each target group- uploaded in the survey platform in all twelve (12) linguistic versions of the partnership.

The questionnaires can be found in the following links:

<http://mensproject.eu/wp-content/uploads/2018/06/GENERAL-PUBLIC-QUESTIONNAIRE.pdf>

<http://mensproject.eu/wp-content/uploads/2018/06/MENTAL-HEALTH-PROFESSIONALS-QUESTIONNAIRE.pdf>

<http://mensproject.eu/wp-content/uploads/2018/06/MENTAL-HEALTH-SERVICE-USERS-QUESTIONNAIRE.pdf>

<http://mensproject.eu/wp-content/uploads/2018/06/PROFESSIONALS-OF-THE-SPORT-SECTOR-QUESTIONNAIRE.pdf>

More more than two thousand individuals participated in this stage.

Specifically;

- 458 representatives of mental health organizations
- 257 representatives of Sports Organizations and Entities
- 468 users of mental health services
- 1473 individuals from General Public

An executive summary, along with results from each target group separately can be found in the following links:

Executive Summary

<https://mensproject.eu/wp-content/uploads/2018/03/MENS-Executive-Research-summary.pdf>

Descriptive Results

<https://mensproject.eu/wp-content/uploads/2018/05/Brief-Results-of-MENS-Survey.pdf>

Results for each target group separately

General Public

<http://mensproject.eu/wp-content/uploads/2018/03/GeneralPublic.pdf>

Mental Health Organizations

<http://mensproject.eu/wp-content/uploads/2018/03/MentalHealthOrganizations.pdf>

Sport Organizations

<http://mensproject.eu/wp-content/uploads/2018/03/SportOrganizations.pdf>

Patients- Users of mental health services

<http://mensproject.eu/wp-content/uploads/2018/03/Users.pdf>

The **second stage** was carried out with conduction of semi – structured interviews with representatives of Policy & Decision Makers from State (or other) authorities, based on each of the twelve (12) partner countries.

The interview guide (common for all partners and translated in all languages) can be found in the following link:

<http://mensproject.eu/wp-content/uploads/2018/05/MENS-RESEARCH-Interview-Guide.pdf>

All interviews have been uploaded in the MENS project website and can be found in the following links:

Croatia

Interview #1

27/12/2017

Methodology: Phone Interview

Interviewer: Tatjana Udovic, for SSOI Rijeka Organization

Answerer(s): Vera Begić- head of City of Rijeka Sport Department

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Croatia1.pdf>

Interview #2

28/12/2017

Methodology: Phone Interview

Interviewer: Tatjana Udovic, for SSOI Rijeka Organization

Answerer(s): Ratko Kovačić- President of Croatian Paralympic Committee

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Croatia2.pdf>

Interview #3

28/12/2017

Methodology: Phone Interview

Interviewer: Tatjana Udovic, for SSOI Rijeka Organization

Answerer(s): Miljenko Mišljenović- President of Rijeka sports association for persons with disabilities

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Croatia3.pdf>

Interview #4

28/12/2017

Methodology: Phone Interview

Interviewer: Tatjana Udovic, for SSOI Rijeka Organization

Answerer(s): Zvonimir Brozić- President of Primorje-Gorski kotar sports association for persons with disabilities

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Croatia4.pdf>

Interview #5

27/12/2017 and 28/12/2017

Methodology: Phone Interview

Interviewer: Tatjana Udovic, for SSOI Rijeka Organization

Answerer(s): Samir Barać - President of Rijeka sports association

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Croatia5.pdf>

Portugal

Interview #1

Methodology: Phone Interview

Answerer(s): Carla Margarida Madeira de Almeida, Head of Sports Medicine Center Division of IPDJ, I.P.

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Portugal1.pdf>

Interview #2

Methodology: Phone Interview

Answerer(s): Eleonora Gonçalves – General Secretary of FNERDM

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Portugal2.pdf>

Interview #3

Methodology: Phone Interview

Answerer(s): Natália Costa, on behalf of Filipa Palha, director of RARP-AMP and President of Encontrar-se

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Portugal3.pdf>

Lithuania

Interview #1

Methodology: Phone Interview

Interviewer: Simona Litvinienė

Answerer(s): Deividas Petrolevičius, Siauliai City Municipality Health Department

Link: <http://mensproject.eu/wp-content/uploads/2018/06/lithuania.pdf>

Italy

Interview #1

20-1-2018

Methodology: Phone Interview

Interviewer: Manfredi Treggiari

Answerer(s): Beatrice Bartolini, Regional Government of Umbria

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Italy1.pdf>

Interview #2

11/12/2017

Methodology: Phone Interview

Interviewer: F. Cesaroni, M. Morici

Answerer(s): Andrea Guidotti, Municipality of Ancona

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Italy2.pdf>

Interview #3

11/12/2017

Methodology: Phone Interview

Interviewer: F. Cesaroni, M. Morici

Answerer(s): Fabio Sturani, Regional Government of Marche Region – Presidency

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Italy3.pdf>

UK

Interview #1

9/1/2018

Methodology: Phone Interview

Answerer(s): Caroline Thorpe – Mersey Care Foundation NHS Trust

Link: <http://mensproject.eu/wp-content/uploads/2018/06/UK1.pdf>

Interview #2

9/1/2018

Methodology: Face to face Interview

Answerer(s): Joe Hemington - Director, The Joseph Lappin Centre

Link: <http://mensproject.eu/wp-content/uploads/2018/06/UK2.pdf>

Greece

Interview #1

18/1/2018

Methodology: Face to face Interview

Interviewer: Pantelis Sarakiniotis

Answerer(s): Xenia Kazantzi, Head of Mental Health Unit in the Ministry of Health

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Greece.pdf>

Turkey

Interview #1

Methodology: Phone Interview

Answerer(s): Harun Raşit Güzelimdağ, Ankara Province Youth Services and Sports Directorate

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Turkey1.pdf>

Interview #2

Methodology: Phone Interview

Answerer(s): Hayati Çal, Ank Gölbaşı Municipality Sports Club

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Turkey2.pdf>

Interview #3

Methodology: Phone Interview

Answerer(s): Hüdaverdi Çelik, Ankara Province Youth Services and Sports Directorate, Registration License Branch Manager

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Turkey3.pdf>

Interview #4

Methodology: Phone Interview

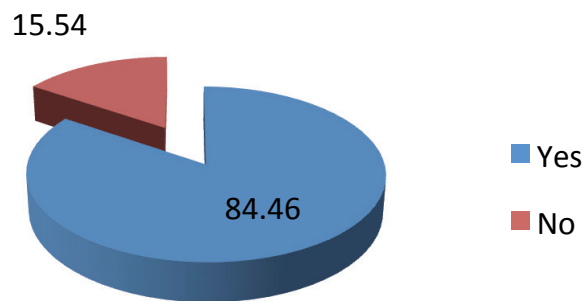
Answerer(s): Yusuf Kılıç, Ankara Youth Services and Sports Directorship, Youth Services **Manager**

Link: <http://mensproject.eu/wp-content/uploads/2018/06/Turkey4.pdf>

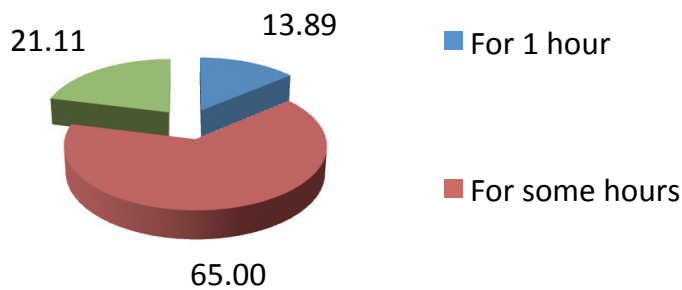
Some key points of the research

Mental Health Organizations

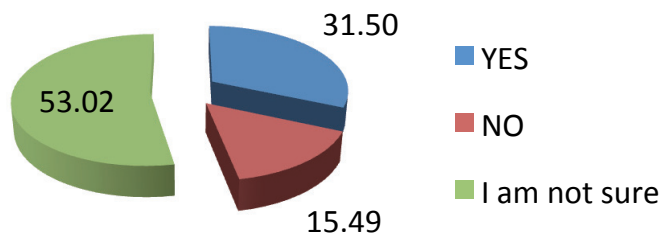
- 85% recommend / make use of exercise as a means of improvement of the patients mental health.
- Considering the region, there are great differences. The percentage is clearly lower in central Europe; south Europe has the highest.
- In cases where exercise is not recommended / applied, the main reason is the patients lack of willingness (50%).
- The responses are equally shared in relation to the type of exercise (endurance, muscle strength).
- The majority of the organizations recommend exercise 1-2 times per week. In east Europe daily exercise is recommended.
- The most beneficial duration of exercise is 30 – 60 minutes, according to the 54% of the sample.
- Improvement of the psychological condition is noticed both during and after exercise (7.1 out of 10).
- This effect of exercise lasts some hours.
- The mental health professionals strongly believe that exercise contributes in the treatment of mental diseases.
- The great majority (90%) is willing to include exercise programs in the therapeutic process.
- This percentage is clearly lower in west Europe (77%).
- Only 30% of the organizations have exercise facilities. The percentage is clearly lower in south Europe.



More than 84% of mental health professionals stated that they use physical exercise as a means of improving mental health.



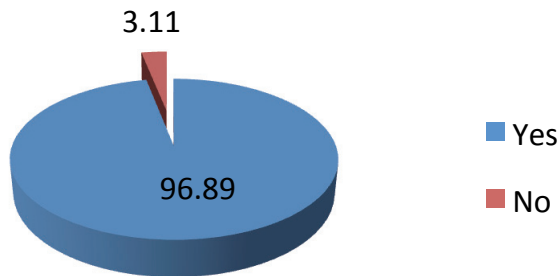
An important indication of the contribution of physical exercise to mental health is the fact that experts see changes in the psychological state for some hours after the end of the exercise (65%).



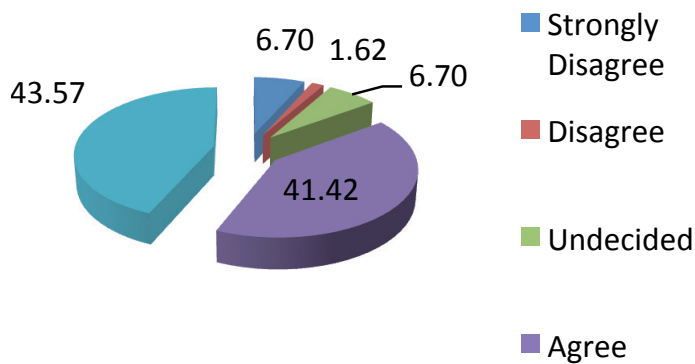
A major problem that emerged through the survey is the fact that only 31.5% of the sample has infrastructure and staff to support such an intervention.

General Public

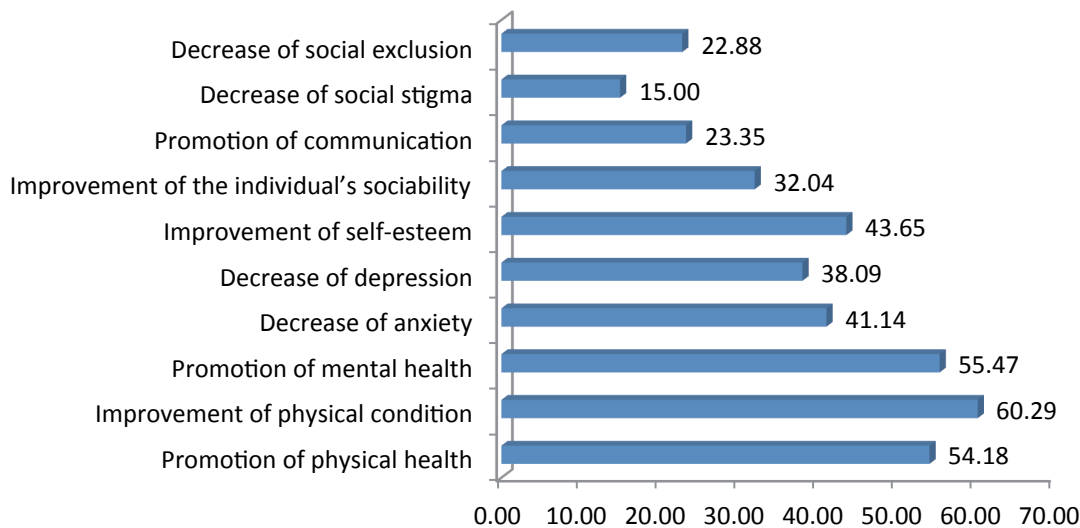
- The vast majority of the sample (96%) believes that exercise has a positive effect on mental health.
- Light exercise and teams sports have the greater effect according to the 60% of the sample.
- Exercise has a positive effect on physical condition, anxiety, and mental health.
- 73% state that they exercise.
- East Europe has the lower percentage, while central Europe has the highest.
- 85% state that exercise has a positive effect on their psychological condition.
- The percentage is clearly lower in east Europe.
- Lack of time is the main reason that prevents people from exercising.
- For those who do not exercise, the 85% believe that exercise would have a positive effect on their psychological condition.
- 83% are willing to participate in exercise programs.
- 70% believe that the mental patient is stigmatized.
- There are significant differences between the regions. The percentage is clearly lower in east Europe.
- 71% believe that sport/exercise participation would decrease the stigmatization of the mental patients, while team sports are considered the best way towards this direction.
- Facebook, TV, specific events, and social media are the most effective means of information and influence for greater participation in sport/exercise programs.



The overwhelming majority of the sample (96.8%) agrees that participation in sport - exercise programs is beneficial for mental health.



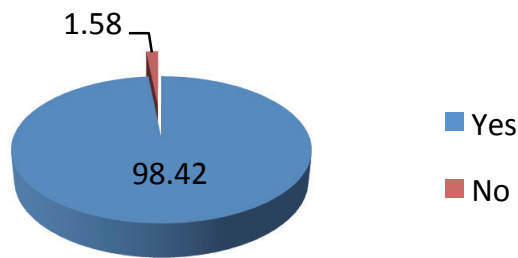
The respondents estimate that physical activity has a positive effect on their psychological condition. Specifically, 41% agree and 43% strongly agree.



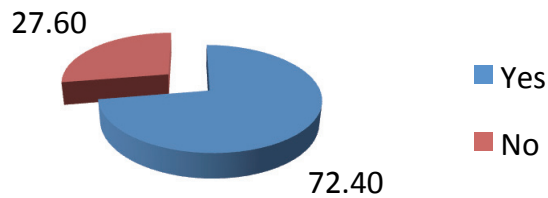
At the same time, they acknowledge that physical exercise primarily affects the Improvement of physical condition and the promotion of physical health and mental health. On the contrary they identify lower contribution in decreasing social stigma and social exclusion.

Sport Organizations

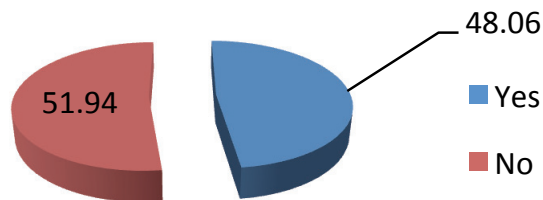
- 96% of the organizations believe that exercise has a positive effect on mental health.
- The considered principal benefits are sociability and personal improvement.
- The organizations notice major effect in all the criteria both during and after the exercise.
- The effect of exercise lasts some hours.
- 72% provide activities for the improvement of the public’s mental health.
- The percentage is clearly lower in central Europe.
- 48% of the sample have cooperated with mental health organizations.
- Central Europe has the highest percentage (64%).
- For those who have not cooperated, 60% is willing to do so in the future.
- Programs and events are considered the main ways for information and promotion of exercise/sport participation.



98% agree that participation in sports and exercise activities is beneficial to mental health.



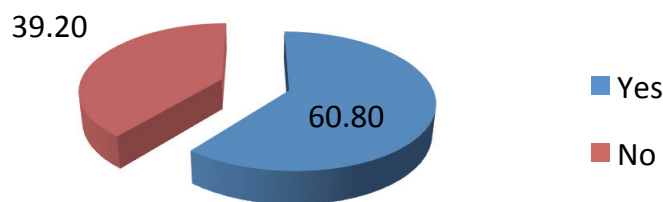
72% of the sport organizations provide activities to the general population linking mental health and physical activity.



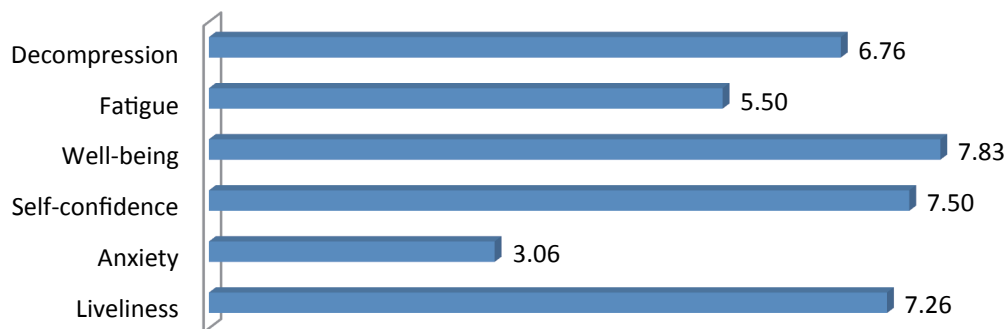
A significant percentage of the sample (48%) had previously collaborated with mental health organizations.

Mental Health Services' Users

- 60% participate in sport/exercise activities.
- The percentage is clearly lower in east and south Europe.
- Lack of mood and time are the main preventive factors for the rest 40%.
- 50% of the sample exercise 2-3 times weekly.
- The participants state improvements in the most of the criteria (liveliness, self-confidence etc.), but NOT in anxiety. Neither during nor after the exercise.
- Nevertheless, 85% believes that sport/exercise participation would positively effect their psychological condition.
- Opinions are shared equally in relation to individual and team participation.
- The majority believe that exercise should be incorporated to the therapeutic process.
- 33% of the sample choose light exercise.
- TV, Facebook, events, and Youtube are the considered the most effective means of information.



60.8% of the sample participates in sport activities.



Significant improvement in liveliness, well-being and self-confidence notice the respondents either during or after physical activity. It is noteworthy however, that respondents notice a small effect of exercise on anxiety.



CAMPAIGN PRESENTATION



European Awareness Campaign **Life is Like a Bike**

How Albert Einstein motivated our
inspiration to spread the message for
an active living

Co-funded by the
Erasmus+ Programme
of the European Union



Project Conference

14 & 15 June 2018, Athens, Greece



*December 2017

We have the research results – Brainstorming begins...

***First Step: Motto - the 3 “finalists”**

1. **CHANGE YOUR SPOT** - *spot as a place that you stand / spot as a point of view / spot as a “stain”, and “stain” like the stigma*

2. **KEEP BALANCE, KEEP MOVING**

3. **LIFE IS LIKE A BIKE**

And the winner is...

Life is Like a Bike

keep balance, keep moving

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**Next step: The logo*

idea no.1



idea no.2



idea no. 3 (the winner!)



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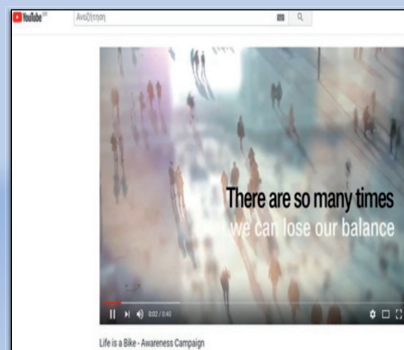


**Next step: Campaign Material*

-poster / roll up banner / web banner



- official campaign video



[let's watch the video](#)

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Project Conference

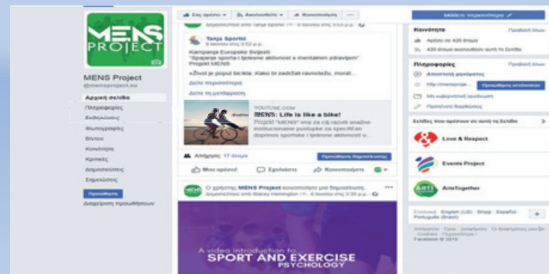
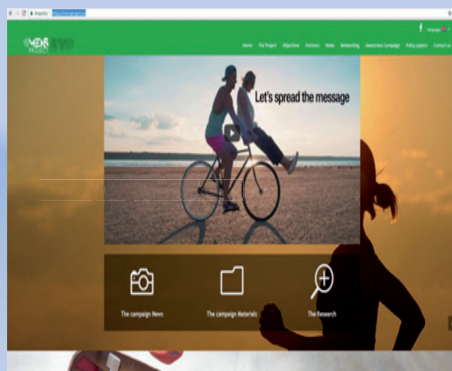
14 & 15 June 2018, Athens, Greece




***Campaign material**

official campaign web site
mensproject.eu

facebook page
[@mensproject.eu](https://www.facebook.com/mensproject.eu)



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Project Conference
14 & 15 June 2018, Athens, Greece



.....and we continue to be active and spread the message

*Life is like a bike
keep balance, keep moving*



Thank you
Ioanna Zimariti
Communication Officer MENS Project / EVENTS Project

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of the European Union 

Project Conference
14 & 15 June 2018, Athens, Greece



STATUTES OF THE EUROPEAN NETWORK “EUROPEAN NETWORKS OF ACTIVE LIVING FOR MENTAL HEALTH”, NAMED E.N.A.L.M.H.

PREAMBLE

Active living refers to a way of life that integrates a wide range of physical activity, such as walking, and sports into a daily routine. The ENALMH Network intends to promote this approach by providing evidence to guide policy and intervention programs to maintain mental health, prevent mental disorders and attain wellness.

I. NAME, DURATION, REGISTERED OFFICE AND OBJECTIVES

ARTICLE 1: NAME AND DURATION

The body being established is an international non-profit association known as / with the title: “European Networks of Active Living for Mental Health”, and in short E.N.A.L.M.H. This name must always be preceded or followed by the words “internationale vereniging zonder winst oogmerk /association internationale sans but lucratif” or by the abbreviation “IVZW/AISBL”.

This association is governed by Title III of the Belgian Law of 27 June 1921 on the non-profit associations, the foundations and the European political parties and foundations (the “Law”).

The association is incorporated for an indefinite duration.

ARTICLE 2: REGISTERED OFFICE

The registered office is established in 1050 Brussels (Belgium), avenue Louise 65.

This office may be transferred to any other location within Belgium, by decision of the Managing Board and in accordance with the language legislation in force.

ARTICLE 3: AIM - OBJECTIVES & ACTIVITIES

The association aims:

- a) to inspire and facilitate the establishment of sport and physical activities for mentally ill people, by providing any potential support (financial, operational, communicational) to its members
- b) to support any sport and physical activities for mental health treatment & the

promotion of mental health for the benefit of service users and the population at large.

- c) to promote the better understanding of the importance of the use of sport and physical activities in the overall mental health approach and,
- d) to raise awareness & address stigma attached to mental ill health and to mental health service users through sport and physical activities
- e) to improve the information and the scientific research related to the overall mission of the association

Specific objectives of the association are:

- to support and improve sport and physical activities already running in the context of mental health
- to enhance the development of sport and physical activity events related to mental health in countries where such activities are not established
- to encourage the mental health services users to participate in sport and physical activity events
- to promote the participation of authorities relevant to the field and increase the interest of the community.
- to lobby for the use of sport and physical activities in the overall mental health approach
- to network among members / exchange of information and practices.

The activities which the association proposes to undertake to achieve these objectives are, among others, the following:

- regular organization of sport and physical activity events for mental health Europe wide
- represent the views of members to international institutions in Europe through both formal and informal structures as well as through written material
- participation in other EU networks and platforms
- direct meetings with EU institutions
- development of proposals and implement projects related to the mission of the association
- study visits
- setting an annual work plan and proving annual report of activities
- publishing newsletters
- scientific publications
- strategic cooperation with research / educational institution
- managing the site of the network and social media accounts
- taking actions of dissemination and visibility of members' activities
- fund raising
- promoting educational/training skills for scientific staff and facilitators of events for mental health

The association can undertake all actions, such as cooperating with other associations or legal entities which work in a sustainable and ecological way and respect human rights, can receive funding and enter into all transactions (including real estate transactions) which are directly or indirectly useful or necessary for the promotion and achievement of the above-mentioned purposes, to the extent they are permitted by the Law and other applicable legal dispositions.

II. MEMBERS

ARTICLE 4: MEMBERS

Membership is available to:

- organizations with legal personality, which can demonstrate they are able to meet the criteria laid down by the Management Board and approved by the General Assembly
- informal groups of people (without legal personality) under specific conditions upon the General Assembly's decision
- all the organizations undertaking this initiative for the establishment of this Association , partnering in the MENS Project

The association is open to all potential members coming from countries of the Council of Europe.

The following entities are full members:

- any Health Organizations organizing sport and physical activity events related to mental health
- any entity – with or without legal personality - organizing sport and physical activity events related to mental health

The following entities may be associate members:

- any public organization acting in the fields of sport / physical exercise and / or mental health
- any kind of entity supporting the ENALMH Network by means of their financial or other kind of contribution

The specific criteria for membership can be defined, interpreted and revised by the General Assembly.

ARTICLE 5: APPLICATION FOR MEMBERSHIP

Application for membership must be submitted in writing, and in the form as the Managing Board shall determine, to the association's Managing Board.

The applicant member shall receive a reply to its request for membership with the application's protocol number and, in principle within thirty (30) days after the meeting of the Managing Board following its application for membership.

The Managing Board monitors the application in view of the conditions for membership and the quality guidelines of the association and gives advice to the General Assembly. The association's General Assembly decides on the application with a simple majority.

The rights and privileges of members shall not be transferable.

ARTICLE 6: RIGHTS AND OBLIGATIONS OF MEMBERS

All members:

- give permission to the association to use their logos in the promotional materials and activities. The members shall use the logo of the ENALMH Network in their own means materials and activities when related to the ENALMH Network
- agree to include the logotype of the ENALMH Network in their promotional materials

- play an active role in supporting the purposes and activities of the ENALMH Network
- pay a registration fee, which is payable after approval of the application for membership. For full members this fee amounts to one hundred Euro (€ 100,00) Euros and for associate members to fifty Euro (€ 50,00). The General Assembly may decide to change the registration fee
- pay a membership fee, the amount of which is to be determined each year by the General Assembly based upon a proposal from the Managing Board. For not-for-profit members, the fee is based upon its annual turnover; for public entities and private companies, the amount is fixed. The annual membership fee for associate members is half the amount of the membership fee of a full member of the same category

Full members have voting rights. Associate members do not have voting rights.

ARTICLE 7: TERMINATION OF MEMBERSHIP

(a) Resignation of a member

Members of all categories may give notice of their resignation from the association by written notice to the Managing Board at least three (3) months before the end of the year.

Resignations shall be effective one month after the date of the notification letter. The membership fee for the year in which the resignation is made shall be due.

(b) Exclusion of a member

Exclusion of members can be proposed by the Managing Board after having heard all parties.

Exclusion can be based on:

- a member no longer fulfilling the above mentioned criteria for membership
- a member no longer complying with /sharing the goals of the network
- a member no longer fulfilling membership obligations.

If a member fails to fulfill its financial obligations to the association for twenty-four (24) consecutive months, the member will be considered to be no longer fulfilling its membership obligations.

Exclusion of members will be decided at the General Assembly requiring a two-third (2/3) majority vote amongst the members who are present or represented. The Managing Board may suspend the member in question until the General Assembly takes its decision.

III. GENERAL ASSEMBLY

ARTICLE 8: GENERAL ASSEMBLY

(a) Structure

The General Assembly shall consist of all its members. Only full members have the right to vote. Each full member has a single vote.

Associate members do not have right to vote, but they may be present in an advisory capacity.

(b) Function and powers

The General Assembly is the highest decision making body of the association and the general leading body (“algemeen leidinggevend orgaan”/“l’organe général de direction”) in the meaning of article 48, 5° of the Law.

The General Assembly has all powers attributed to her by the Law or the statutes, in order to achieve the objectives of the “ENALMH Network”.

The General Assembly has the exclusive competence for:

- amendment / modification of the statutes
- election and dismissal of the members of the Managing Board – this includes:
 - appointment and dismissal of the Secretary General upon recommendation of the Managing Board;
 - appointment and dismissal of other members of the Managing Board;
- appoint and dismiss auditors;
- approval of budgets and annual accounts
- voluntary dissolution of the association
- exclusion of members
- any residual powers not expressly conferred to the Managing Board, including, but not limited to the adoption of internal business policies and procedures. These internal business policies and procedures are binding upon the members.

(c) Meetings and Invitations

The General Assembly shall be held under the direction of the Chair at least once a year, before the end of the first quarter of every year

The General Assembly will take place at the registered office or at a location indicated on the invitation.

The General Assembly elects a Chair and a Secretary.

The Chair convenes the General Assembly in writing, by way of letter, fax, electronic mail or any other means of communication, a minimum of forty (40) days prior to the General Assembly. The convening notice shall contain the agenda. The General Assembly may not adopt resolutions on matters that are not mentioned in the agenda.

In addition, an extraordinary General Assembly may be convened by the Chair, upon the Managing Board’s relevant decision, or by at least one third of its full members, when it is essential to make a decision/s on matters that cannot wait until the General Assembly meeting

(d) Decision making

The General Assembly can only validly decide when at least half (50%+1) of the full members is present or represented.

Decisions are taken with a simple majority of all present or represented full members.

For the dismissal of a member of the Managing Board, a majority of 2/3rd of all present or represented full members is required.

Postal ballots prior to the General Assembly can be organized for matters such as election of members of the Managing Board, and other resolutions, but must be ratified by the General Assembly.

A member may choose to be represented by another member at the General Assembly. A power of attorney must be presented to the Managing Board prior to the opening of the General Assembly. No full member may hold more than one power of attorney.

All resolutions of the General Assembly are to be written down in a register, signed by the Chair and Secretary. The register is kept at the registered office of the association, by the Secretary General, where it remains at the disposal of its members.

All resolutions shall be brought to the attention of all members through a written minute and sent by e-mail or post.

IV. MODIFICATION OF THE STATUTES – DISSOLUTION

ARTICLE 9: MODIFICATION OF THE STATUTES – DISSOLUTION OF ASSOCIATION

Each proposal aimed at modifying the statutes of the association or dissolving the association, must originate from the Managing Board, or from at least a one third (1/3) majority of the members of the association.

The date of the General Assembly that will decide upon the aforementioned proposals, as well as the content of the proposed modifications, must be communicated by the Managing Board to all members of the association at least three (3) months before the General Assembly.

The General Assembly may only legitimately deliberate on the proposal if at least two thirds of the full members of the association are present or represented.

No decision shall be accepted if it is not passed by the two thirds (2/3) of the votes of members present or represented.

If the General Assembly does not reach the required quorum, a new meeting shall be convened to give a definitive and legitimate ruling on the proposal, to be passed with the same majority of 2/3 of the votes, regardless of the number of members present or represented – at the earliest possible convenience in the two week period following the first meeting.

The General Assembly is to decide how the dissolution and liquidation of the association should take place, with the same quorum and majority applicable in case of the modification of the statutes.

After liquidation has taken place, any potential net asset shall be allocated to a non-profit-making association which is governed by private law and has a similar social objective or, failing this, to an unselfish end.

V. ADMINISTRATION

ARTICLE 10: MANAGING BOARD

(a) Mandate of Managing Board

The Managing Board has all powers of management and administration, subject to the powers of the General Assembly.

(B) Structure of Managing Board

The association shall be administered by a Managing Board consisting of (maximum) seven (7) members, from at least five (5) different member-organizations, including the Chair, the Vice President, the Treasurer and the Secretary, plus two (2) substitute members.

The main forum for implementing the work of the organization will be the meetings of the members, which will be held at least once a year.

The Managing Board has the power to set up working groups and committees from the membership, such as the scientific advisors.

The minutes from these groups will be sent to the Managing Board.

The Chair, Vice President, Treasurer and the Secretary of the Managing Board shall be appointed by the Managing Board for a term of three (3) years with the possibility of re-election for two further terms of each 3 years.

The members of the Managing Board shall not be remunerated for their mandate.

Their functions will come to an end through death, resignation, civil incapacity or being placed in provisional administration, dismissal and expiry of mandate.

Members of the Managing Board may be dismissed by a General Assembly ruling on a two thirds majority of the effective members present or represented.

If a position becomes vacant during a member of the Managing Board's mandate, the General Assembly may appoint a temporary replacement who shall complete the mandate of the member of the Managing Board s/he is replacing.

All records relating to the appointment, dismissal and cessation of functions of members of the Managing Board, drawn up in accordance with the Law, shall be sent to the registry of the competent commercial court with a view to being included in the official file and shall be published, at the association's expense, in the Annexes of the Official Belgian Gazette.

All full members have the right to nominate a candidate to serve on the Managing Board.

(c) Meetings – Invitations of Managing Board

The Managing Board shall meet at least once a year, at the special invitation of the Chair.

The invitation shall be sent by letter, fax, electronic mail or any other means of communication.

(d) Decision making of Managing Board

The Managing Board may only be able to make valid deliberations if at least three of its members are present or represented.

A serving board member can choose to be represented at a board meeting by a proxy holder.

However, a member cannot hold more than one power of proxy.

If a vote is tied, the Chair shall have the casting vote.

The Managing Board has full executive powers with exception for matters explicitly mentioned in the present statutes of the association as being within the competence of the Managing Board. The Managing Board may delegate, under its responsibility, authority to the Chair and/or Secretary. Furthermore, the Managing Board may assign, under its responsibility, a number of specific and well-defined authorities to one or more persons.

Resolutions of the Managing Board are to be adopted by the majority of the present or represented members. All resolutions of the Managing Board are to be written down in a register, signed by the Chair and the Secretary or their replacements at the meeting in question. The register is to be kept at the official seat of the association, where it remains at the disposal of its members.

All acts that are legally binding on the association are to be signed by the Chair of the Managing Board in person or by a Managing Board member specifically appointed to do so by a Managing Board decision.

ARTICLE 11: SECRETARY GENERAL

The Secretary General (“gedelegeerd bestuurder” / ”directeur général”) shall be appointed by the General Assembly upon a proposal of the Managing Board. The Secretary General’s term will be three (3) years.

The Secretary General can be dismissed by the General Assembly upon a proposal of the Managing Board.

The Secretariat General, administrative structure of the association under the responsibility of the Secretary General, can be based in a different office / country other than the registered office of the association in Belgium.

In addition to the day-to-day management comprising the organization and administration of the registered office and its staff, the Secretary General shall be responsible for current affairs and the general coordination of the activities of the association.

The Secretary General shall present a report, preapproved by the Managing Board, to the General Assembly on these matters.

The Secretary General shall act upon the instructions and under the guidance of the Managing Board, within the framework of the statutes, internal rules, documented policies and budgetary provisions of the association.

VI. BUDGET AND ACCOUNTS

ARTICLE 12: BUDGET AND ACCOUNTS

The fiscal year shall start on 1 January and close on 31 December.

In order to get the approval of the General Assembly, the Managing Board must submit a financial report of the past financial year as well as a budget for the following financial year.

The accounting of the association is kept in accordance with the dispositions of article 52 §2 and §3 of the Law.

The accounts shall, in accordance with article 51 of the Law, be forwarded to the registry of the competent commercial court.

(a) The income of the association comes from the following sources:

- registration fees
- annual membership/fees
- operating grants / institutional support (European Commission and other sources)
- sponsorships/donations
- other sources (EU festival tickets, sales, crowd funding)

(B) Financial control and audit mechanisms

Financial control and audit mechanisms of the association shall be ensured in full respect of the principles of good financial management and in accordance with internationally recognized standards.

Periodic financial reports shall be provided to the Managing Board on the association’s administrative costs and expenditures in the format and detail required by the Managing Board.

An annual audit by an external auditor approved by the Managing Board shall be

conducted on the association's expenditures and related financial activities.

Results of the audit shall be reported to the Managing Board within 30 days after completion.

ARTICLE 13: REPRESENTATION OF THE ASSOCIATION WITH REGARD TO THIRD PARTIES AND THE LAW

All documents committing the association shall, unless there are special powers, be signed by the Chair of the Managing Board and the Secretary General, who shall be appointed by the Managing Board and who shall not be required to justify the powers conferred for this purpose before any third party.

The association shall be legitimately and legally represented as either plaintiff or defendant by two members of the Managing Board or by its Chair or by a member of the Managing Board appointed specifically for this purpose or the Secretary General.

All records relating to the appointment, dismissal and cessation of functions of persons empowered to represent the association, drawn up in accordance with the Law, shall be sent to the registry of the competent commercial court with a view to being included in the official file and shall be published, at the association's expense, in the Annexes of the Official Belgian Gazette.

ARTICLE 14: GENERAL PROVISIONS

Any provision not made in the current statutes and, most notably, the publications to be made in the Annexes of the Official Belgian Gazette, shall be determined in accordance with Title III of the Law.

ARTICLE 15: TRANSITIONAL PROVISIONS

- (a) Notwithstanding any other provisions of these statutes, the founding members shall have the right to appoint the external auditor.
- (b) The first financial year of the association starts on the day on which the association is granted legal personality and ends on 31 December 2019. The first General Assembly shall take place in the course of the last week of June 2020.

> EU CITIZENS

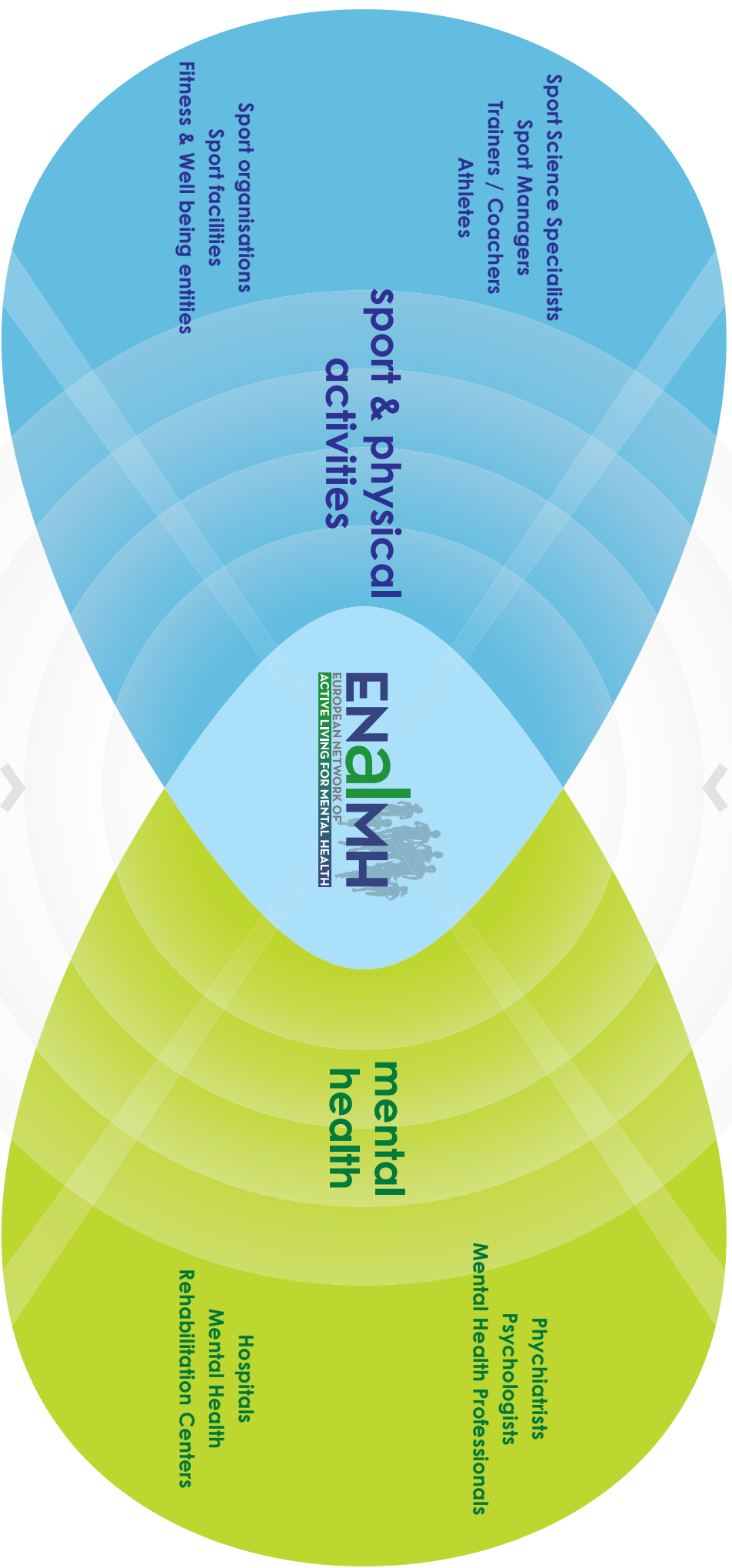
Health

Education / Research

Sport

Human Rights

PUBLIC SECTOR <



> PRIVATE SECTOR

EU & National Institutions

Local Government

Community

General Public

IMMIGRANTS / REFUGEES <



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