

CANDIDATE

**LEU
VEN**

**EUROPEAN
CITY OF SPORT**  **2021**

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LEUVEN

EUROPEAN CITY OF SPORT 2021

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FOREWORD



Dear Sir/Madam,

Please find attached the 'bidbook' of the city of Leuven, by which we present our candidacy to become European city of sport. Our city, just a throw's stone from Brussels and located at the heart of Europe, is one of the oldest university cities in the world. For centuries, Leuven is the center of knowledge and innovation. The whole world gathers in our town. Leuven is not a city of origin, but a city of destination.

Leuven is a trendsetter, a pioneer that naturally strives for excellence in various domains. We navigate between old and new, as if we were time travelers. This combination of centuries-old, beautiful heritage, and a future-oriented mindset, firmly rooted in our tradition of science and innovation, is what makes us unique. Every day, Leuven connects the past with the future. We seize the past, not to dwell on it, but the use it as a source of renewal.

Mohamed Ridouani, mayor

A handwritten signature in blue ink, consisting of a large, stylized 'M' and 'R'.



MOTIVATION

As an innovation-oriented city, Leuven also wants to set the tone with regard to sports. Leuven is a city on a human scale, and we innovate in our own way and within our means. With a population count of more than 100,000, Leuven is the Belgian city with the largest number of sports halls and swimming pools per head. And we are still hungry for more ... We continue to invest in new facilities to offer our sports clubs and recreational sports lovers the best possible conditions to exercise. The city grants allowances to more than 100 clubs to run their operations and activities. And our approach works! 54% of our fellow-citizens practice sports at least once a week. This is the highest rate in Flanders. No less than 82% of them is satisfied with the available sports facilities. For this aspect, we rank second.

These are excellent results, but it is not just about the numbers. It is also about the ideas behind them. Sports lead to a healthier city, with fellow-citizens who are physically and mentally fit. That is why we focus on 'sports-for-all' policies. We remove the obstacles that prevent people from being physically active. We support every citizen of Leuven to pursue his or her sporting ambitions. Within this context, we want to integrate as much as possible the values 'inclusion', 'interconnectedness', 'fellowship' and 'out-of-the-box thinking'. We also take on our responsibility to address world-wide challenges such as climate change. We commit ourselves to help achieve the sustainable development goals of the United Nations.

This bidfile includes a certain number of leading projects that we are rightly proud of. We also want to show what is going on in our sports universe. We are proud of every target group, every individual who finds his or her way to sports.

In the next years, Leuven will continue in this direction. We invest 23 million euros in new sport facilities and another 34 million euros in the renovation and maintenance of existing sports infrastructure and projects. 'Tofsport', the non-profit association managed by the city, remains committed to promote sports, and to get as many citizens as possible physically active, more in specific by supporting and organizing (top-level) sports events.

In this context, we highly focus on people belonging to disadvantaged groups. In our city, every target group has the opportunity to practice sports and to exercise, whether individually or in a club, whether just for fun or on a competitive level. Most of our sports clubs integrate well-structured youth activities, and 27 sports clubs also include a parasport version of their discipline. During this term of office, the city council introduces a new, specific grant allowing clubs to buy adapted sports material and equipment.

Practicing sports is key for people with specific needs. It helps disabled persons to be fitter, and this feeling has a positive impact on their general well-being and functioning. Exercising and working out also improve the mental health. We all know the benefits of a healthy mind in a healthy body. In this context, the social aspect of sports is twofold. On the one hand, it is inclusive, in the sense that people with a disability are included in a larger whole; and on the other hand, it is supportive, because they realize that they are not alone to face the difficulties they experience. This aspect will certainly be one of the major topics that we will pay special attention to in 2021. The city contributes to the financing of the 'UitPAS', an important instrument to remove the financial obstacles for those who don't have the means to participate in recreational activities, including sports. In that way, we make sure that everyone can participate and that no-one is excluded.

Leuven is also a very diverse city. Our healthcare institutions and industry, as well as our high-tech companies, attract people from all over the world. Students from every corner of the globe attend our university. These new citizens settle in, and live and work in Leuven. Practicing sports is an effective way to build a new network or to learn Dutch within an easily accessible environment. We also see a phenomenon of 'cross-fertilization'. Expats find their way to our traditional sports clubs and facilities, but they also introduce new sports in Leuven.

The last years, working out in the public space became an increasingly important topic. Young people who create 'hang out spots' to practice sports via the 'Open Gym' or 'barpark' projects, and young professionals, working couples with children, who live a very busy life, reclaim the public space. To meet their needs, the city makes this public space as 'sports-friendly' as possible, so that exercising be-

comes easily accessible all over town and other people get motivated to start practicing too. It is well known that watching other people exercise, inspires to do the same. This will be clearly demonstrated by the 'movement ribbon' project that will be further rolled out in 2020. In a city that also heavily promotes cycling, we are proud to say that practicing sports is not just an end in itself, but a way of life.

To set up all these projects, the city can not only rely on the many volunteers active within the sports clubs, but also on the clubs' representatives who share their expertise within our sports council. Because in Leuven, we all work together. This makes us both proud and grateful.

We want to point out that the main reason why we are so eager to become a European City of Sport, is that it will allow us to get every single citizen of Leuven involved in our sports activities: youngsters and elderly, healthy and sick people, 7th generation residents and newcomers. Because in Leuven, European City of Sport, practicing sports is inclusive and easily accessible. This is our special recipe to get everyone of our fellow-citizens participating. And things can even get better. As the icing on the cake, Leuven will host in September 2021 one of the biggest sports events of the year: the Road Cycling World Championship. Indeed, Leuven city of sport, Leuven city of bikes, will welcome the heroes of cycling. It will enhance the international appeal and allure of Leuven as European City of Sport. The use of both brands together should reinforce their respective images. That is our ambition.

If we all work together, 2021 will be a year in which exercising, sports, and an active and healthy life style will be the key topics. First, we will set our organization aflame, and next we will keep the fire burning, together will all our fellow-citizens, even beyond 2021. And the Road Cycling World Championship will be the thrilling apotheosis of it all. The power of sports will unite us, today and in the future.

Yours in sports,

Johan Geleyns,
Alderman for Sports



A stylized, handwritten signature in dark ink, appearing to read 'J. Geleyns'.

CHILDREN



She is a rope skipper since she is six years old, and she is also a girl scout. But FELIEN (8) is one of those high-energy kids that is always looking for a new, next hobby. “During the summer holidays 2019, I went to the ‘korfbal’ sports camp, here in Kessel-Lo. At first, I didn’t expect much of it, because I didn’t know a lot about korfbal, but I wanted to follow the same sports camp as my brother Lowie.”

So, in fact, Felien should be grateful to her brother for introducing her to her new, favorite sports activity. It all started when Lowie was invited to a ‘friends’ day’ of korfbal club ‘KC Leuven’. And it seems that he got the taste of it, because some time later he chose the korfbal sports camp out of more than 100 ‘Tofsportkamp’ options. And Felien followed her brother. Initially, she was a little bit reluctant and not entirely convinced, but that feeling didn’t last very long. Soon, she was super enthusiastic. For Felien, the ‘Tofsportkamp’ is still going on: “Every Wednesday, I play korfbal at ‘KC Leuven’.”

It was a small step from the ‘Tofsportkamp’ to the sports club. “The last day of the sports camp, my mom came to see the game. The coach told her: ‘Felien is so passionate, so crazy about korfbal ... She really should join our club.’ That remark didn’t fall on deaf ears. “After that day, I went another three times for a trial session at ‘KC Leuven’, just to make sure that this was really what I wanted to do. After the trainings, I was completely convinced that this was ‘it’ and I joined the club.”

“THAT ONE WEEK AT THE ‘TOFSPORTKAMP’ ... IT HAS NEVER ENDED”

“What I like most about korfbal, is that it is a mixed-team sport, played by both boys and girls”, explains Felien. “And that my dad and my other, younger brother Emiel come to watch the game and cheer on us. And I feel really proud when he tells me I played well. I still have a lot to learn and I must be more confident when I make a shot on target, but, in time, I am sure I will get to it. ‘KC Leuven’ is a very nice club, very supportive. It is okay to make mistakes, and they make you feel at home. They also organize a lot of fun activities, such as carnival parties or playback shows. It’s much like scouting, in a way ... At school, I try to convince my friends to play korfbal and join the club.”



SPORTS CAMPS 'TOFSPORTKAMPEN'

Every year, 'Tofsport' organizes **more than 100 sports camps** during the Easter and summer holidays. The offer ranges from ice hockey and gymnastics to fencing and diving. In this way, children can discover and try out all kinds of sports. **A lot of these kids get caught up during these sports camps and eventually find their way to a sports club.** It is up to the sports clubs to set up and supervise their own sports camp. But it is the sports department of the city that follows up the inscriptions and the payments, so the clubs don't have to worry about the administration. In this way, they can entirely focus on the organization of their sports camp and turn it into a great experience for the participants. Leuven is one of the only cities that fully assumes this 'directors' role'.

'SPORTS AT SCHOOL'

After school hours, the children attending the nursery and primary schools of Leuven get acquainted with several kinds of sports. Qualified teachers ensure that they can enjoy themselves and 'let off steam' for about one hour. Every day, they get to know another sports discipline. Not only the traditional sports activities, but also bounce-ball, ultimate frisbee and other, new and very 'cool' sports. The 'Sport Op School' project is included in 'KinderKuren', **a wide range of after-school activities** for all the school kids in Leuven.

SPORTKOMPAS

Bart Swing was an excellent football player until he discovered inline-skating and became one of the world's best inline speed skaters. Meanwhile, he is giving the Dutch ice skaters a really hard time. He was lucky to find his true 'calling', but as a child, how do you find out what you enjoy doing and what you are good at? How do you choose the right sport?

The 'SportKompas' program does not only encourage kids between 8 and 10 years old to exercise, but it also helps them to find the sports activity that fits them. This scientifically-based test includes three parts: **I DO, I LIKE and I AM.**

I DO shows them what they are physically capable of. Can he/she bend like a pretzel? Is he/she as fast as the Borlée brothers? The **I LIKE** app helps them finding out what kind of movements they like to make. On the basis of the gathered information, the kids receive a 'report' with a full overview of the sports that suits them best. The **I AM** questionnaire can be used to test their motivation.

In Leuven, the schools get this 'SportKompas' for free. In other cities, schools and pupils have to pay for it, but thanks to the financial support of 'Tofsport', kids of Leuven can discover sports free of charge. In this manner, the city gives schools that little extra push to match a maximum number of pupils to their favorite way of moving and exercising.

'MOVEMENT LANDSCAPE HAL 5'

A good start is half the work. According to international standards, toddlers and preschoolers should spend 3 hours a day engaged in a physical activity. Unfortunately, this is rarely the case. To get the youngest citizens of Leuven exercising, the association 'Sporty', financially supported by the city, turned a part of 'HAL 5' into a **permanent movement landscape**. This is a track with large equipment where **kids between 2 and 8 years old** can run, crawl, climb, slide, fall, roll, turn, throw and catch balls ... It is **one big discovery tour** that they will never get bored of and that helps them to **improve their motor skills in a fun way**. They find out that no TV or tablet can compete with one hour of exercising.

Together with their (grand-) parents or other family members, toddlers and preschoolers can enjoy themselves whenever they want during opening hours. School groups, childhood organizations, toddler organizations ... can also use HAL 5 at a very fair price. Professional teachers guide this enthusiastic bunch of kids through the track, whose set-up changes every week.

MULTIMOVE

'Multimove' offers **kids between 3 and 8 years old** a varied and challenging physical activity program. **Nine sports clubs** ('Blauwput Omnisport', 'Lizards Lubbeek Leuven', 'TTC Meerdaal Leuven', 'Notre Dame basketbalclub dames Leuven', 'Leuven Bears', 'Pump', 'Danshuis', 'Badmintonclub De Dijlevallei' and 'Sporty') organize these kinds of 'Multimove' sessions and teach our youngest citizens the basic motor skills. The city supports the 'Multimove' program to get more children moving and exercising in an accessible and responsible manner.



'HEALTHY FONSKES'

The 'Gezonde Fonskes' project starts at an even earlier age and targets children staying in kindergarten. It is a **coaching program focusing on healthy nutrition and exercising**. The kindergartens of Leuven can rely on the expertise of two dieticians and the non-profit organization 'Centrum voor Ervaringsgericht Onderwijs' - 'Center for Experience-oriented Education' (CEGO) to serve babies and toddlers a balanced diet and healthy, nutritious meals. This project does not aim to get our youngest ones on a superfood diet, but **to show the kindergartens' child caretakers and the parents that healthy food is not that difficult or expensive at all.**

SPORTS GROUNDS, PLAYGROUNDS AND PLAY STREETS

The children of Leuven have lots of possibilities to play with friends, siblings and other kids in the neighbourhood. They have free access to sports and play grounds all over the city where they can run and romp around. During the summer time, several streets in Leuven are temporarily turned into traffic-free play streets, where for once the children rule and not the cars.



TEENS



Like many talented young football players, **CLINTON DWUMEAH** (16) wants to become the new Dries Mertens, the professional footballer who plays for the Italian club Napoli and the Belgium national team, born in Leuven. And Clinton is ready to do anything to make his dream come true: about a year and a half ago, he left his homeland Ghana. “With my brother and sister, I came living with my father in Kessel-Lo.” At that time, his father was already living in Belgium for five years and working as a cleaning man.

By moving to Belgium, Clinton not only had to leave his friends and family behind, but he also had to abandon his native language, Twi. To make new friends and be able to attend school, he wants to learn Dutch as soon as possible. “I take intensive language courses in the Welcoming classes for non-Dutch speaking newcomers through the OKAN-program. Here, I get the opportunity to learn Dutch, and believe me, it is a hard language to learn. But our teacher allows me to make mistakes. My co-pupils make sometimes fun of me, but that’s okay. I can handle that. Anyway, we all make mistakes. And nobody is laughing at you for who you are, but only because you say something funny in Dutch. But I know very well that I have no time to lose, because next school year, I will have to attend a regular school - I want to become a plumber - and that will be a big change.”

It is a fact that young people don’t learn Dutch by playing computer games, alone, sitting on the couch at home. Although it is very understandable that they are very tempted to do so when they arrive in a country where they don’t know anyone. So, the city’s youth and sports department stimulate teens to get out. To practice sports, for instance. In this way, Clinton ended up first at football club ‘OHL’ and later on at ‘KVC Kessel-Lo’. He received his first pair of football boots from ‘Kirikou’, an organization in Leuven that gives a second life to old children’s clothing by offering it to people who face financial difficulties.

“PLAYING FOOTBALL MOTIVATES ME TO LEARN DUTCH”

“All the other football players in the club speak Dutch to me, so I have to focus and learn quickly (laughs). But I want to make friends, and I need to make myself clear and tell them who I am and what I want. Playing football and making my dream come true motivate me to exercise my language skills because communication is key for a sports team. You really need to understand each other. Fortunately, the other players help me a lot, so, that makes it a little bit easier for me. With my father, brother and sister, I still speak my native language Twi, and in the ‘OKAN’ language classes, my teachers don’t always correct the mistakes I make. For that reason, it is very important that I surround myself with Dutch speaking girls and boys of my age. It is a way to improve my listening and speaking skills. But I am sure that it will all work out for me, and that I will become not only fluent in Dutch, but also an excellent football player. I simply have to, I cannot fail.”

OKAN

Running athlete Bashir Abdi arrived in Belgium as a refugee from Somalia. Today, he is the Belgian multiple champion cross-country and the Belgian marathon record holder.

OKAN, an acronym standing for 'OnthaalKlassen voor Anderstalige Nieuwkomers' and meaning 'welcoming classes for non-Dutch speaking newcomers', also provides a sports program for young people who have just arrived and settled in Leuven. It is not the intention to turn each youngster into the next Bashir Abdi. But for these newcomers, practicing a sport is not only an 'outlet', **it is also their shortest way to integration.** They meet other young people, they build a network and they improve their Dutch while exercising. Some of them even make faster progress on the sports field than at school.

'OHL', the football club of Leuven playing in the first division B, has set up a **World Team** enabling refugees to follow a football training program and even play a game from time to time. And if they get the taste of it, they can always join one of the many football clubs of Leuven.



'SPORTS AFTER SCHOOL'

With the 'Sport Na School' or 'SNS'-pass, the pupils of the secondary schools of Leuven are able to choose themselves the sports they want to try out: swimming, climbing, fitness, kickboxing ... **All these activities are set up in the neighbourhood of their school and are organized right after school hours.** Thanks to this pass, they can practice sports during a 12- or 24-week period at a very attractive price of respectively 30 and 45 euros. Do they want to exercise once a week to maintain their physical fitness or build muscle strength? Fine! Are some of them real sports fanatics, ready to work up a sweat every day after school hours? Fine too!

THE NEIGHBOURHOOD SPORTS PROGRAM 'BUURTSPOORT'

It is hard for **disadvantaged groups or people with unprivileged backgrounds** to find their way to the regular sports offer. Local clubs are aware of **the social role** they play, but they don't always have the necessary expertise to provide a sports offer that fits the needs of everyone. This is where the neighbourhood sports program 'Buurtsport' comes in. By providing an accessible sports offer, this program seeks to build bridges between the most vulnerable groups of young people and the local sports clubs. Special initiatives allow these youngsters to get acquainted with a wide range of sports or join a club at a lower membership rate once they found their favorite sports activity. The neighbourhood sports program organizes the whole year through various training sessions and courses. During the summer holidays, they set up special 'Buurtsport' sports camps.

If the young people of Leuven cannot get to the sports clubs, 'Buurtsport' will get to them. Each spring holiday, the city of Leuven launches a search for the best football team in the neighbourhood, in which many children and neighbourhood care programs participate; and each Easter holiday, the future Eden Hazards can show what they got during the many panna tournaments. During 'Buurtsport Zomert', the neighbourhood sports program settles for four weeks in 3 different neighbourhoods.

'Buurtsport' wants to make sure that nobody is left out. 'Younited Leuven' is a football team made up of homeless people; **'Jesnet'** enables young people from youth care to practice a sport. Many towns and cities honor their sports champions every year. But Leuven also cre-

ated another special reward, called the 'Tofste Sportclub' or the 'Coolest Sports Club'. It awards the sports club that is more far-reaching than others when it comes to playing its social role.

'BITE INTO YOUR FREE TIME'

During the fall, **non-Dutch speaking newcomers** may attend for one month more than seventy **free trial sessions**. The offer ranges from hiking in the city or a nature walk in the surroundings of Leuven, to kung fu or breakdancing. Last year, more than 50 associations and more than 500 newcomers took part in the activities that were set up within the scope of the 'Bijt in je vrije tijd' project.

Before organizing an activity, the participating associations are given the opportunity to follow a 'simple language' workshop. Practicing sports is an excellent way to learn Dutch 'on-the-spot', but it is so much easier if the teacher uses simple words, and leaves behind the complicated and sometimes colorful sports terms. A newcomer who gets on a racing bike for the first time in his life, has no need to know what is meant by a 'wheel sucker', a 'domestique' or a 'chasse patate'.

What makes the "Bijt in je vrije tijd" project so unique, is that **buddies** drag the newcomers along with them. It is a great opportunity to learn something about other cultures and to make new team mates. **Sports is the perfect icebreaker.** After the first trial, it happens very often that the newcomer and his buddy decide to see each other once a week at the sports center or the swimming pool.

STUDENTS



Leuven is centuries-old but also alive and kicking ... And this motto does not only apply to the city, but also to its university, and most certainly to **BEN BROEDERS**, a 24 years old student who combines his studies at the Faculty of Pharmaceutical Sciences of the KU Leuven with top-level pole vaulting. By achieving a pole vault of 5.76 meter at the World Championship in Doha (Qatar), he became in 2019 the Belgian record holder. He is also the Belgian record holder indoor by jumping over 5.80 meters in February 2020. “I am convinced that I can jump even higher”, says Ben. “My main goal is the Paris 2024 Summer Olympics. I will be 28 by then, and my muscular system will be at its strongest.”

Ben has a student room at the University's Sports Center, which is perfectly located for combining studies and sports. “My basic training program consists of running, gymnastics, jumping and power training. People often think that I only practice power training to look like some bruiser who wants to show-off (laughs), but it really has a protective effect against injuries and it helps me to get stronger. Altogether, I practice about 20 hours a week. Most fortunately, the KU Leuven granted me a top-level sports status, which allows me to spread my studies over several years and to change the dates of my exams when major competitions take place in that same period.”

“All my life, I have been exercising in the athletic arena ‘Gaston Roelants’ of ‘Daring Club Leuven Atletiek’ (DCLA) in Kessel-Lo. Four years ago, the university opened its indoor athletic hall, which is great, because now, I can continue training even in the winter season. This really boosted my sports career and my performances. And it must be said: the sports infrastructure for students is just awesome. In the last few years, considerable investments have been made in the infrastructure and the activities: CrossFit, fitness, a new indoor volleyball hall with several courts... Soon, the same kind of infrastructure will even be available for indoor beach volleyball.”

“EXTENSIVE SPORTS OFFER FOR STUDENTS WHO ENJOY SPORTS”

“To improve my technique and performances, I work together with a biomechanical expert, who assesses and corrects my movements. And to prepare myself for the 2020 Summer Olympics in Tokyo, I can use the heath acclimatization and altitude room of the Bakala Academy to measure my hydration status and loss of sodium. One of the things that helps me getting better and better and that I most appreciate in a sport such as pole vaulting, is the openness between the athletes. Champions are happy to share their tips, tricks and experiences. That gives me that little extra boost to keep me going.”

“I am not a party guy, and I do not match the stereotype of the student hanging out at the ‘Oude Markt’ where most of the nightlife and parties take place. But it doesn't feel like a sacrifice I have to make.”



A SPORTS OFFER FOR STUDENTS INCLUDING MORE THAN 70 DISCIPLINES

'Mens sana in corpore sano' ... The ancient Romans knew of the benefits of a healthy mind in a healthy body. As a student city, Leuven wants to give life to this motto. **The University Sports Center of the KU Leuven** offers sports facilities in the midst of greenery. The **'Hogeschool UC Leuven Limburg' (UCLL)** also provides high-quality sports infrastructure.

Students can choose among **a wide range of more than 70 sports disciplines**, including both team sports and individual sports, and both traditional and non-traditional sports activities, such as Gaelic football, gliding or cheerleading. Even deep-sea diving, rock-climbing or speleology can be practiced in Leuven, although the city is not really known for its oceans, high mountains or caves ...

Both **leisure sports people** and **competitive athletes** will be more than satisfied with this extensive sports offer. The university has a lot of sports teams that compete against each other or against teams from other universities. Students who like to bring out their competitive streak, will get all the opportunities they want to do so.

Many students have a tight budget. For that reason, both the KU Leuven and the UCLL offer sport passes giving access to most of the sports facilities at **very democratic rates**. The price may never be an obstacle to keep students from practicing sports while they are studying at the university. And it certainly may not prevent them from starting to exercise.

Recent research showed that students gain about 4 kilogram weight during their student days. Inactivity and a sedentary lifestyle associated with pints of beers and nightly pitas ... let's say it is not the healthiest of choices to make. This is why the university wants to offer all its students maximum opportunities to exercise as a manner to compensate the temptations of the student life. So, any student who leaves Leuven with a bit of a beer belly, can only blame himself, not the university.

24-HOUR RUN

The most important sports event for the students of Leuven is without any doubt the 24-hour run. It is an **almost 50-year** old tradition on which time seems to have no grip. The student associations compete with each other on the path alongside the running track of the 'Sportkot', the faculty of movement and rehabilitation sciences. The team who succeeds in completing the most laps within 24 hours, wins the competition and will attain everlasting fame ... for one year.

The 24-hour run is one of the events organized by both the KU Leuven and the UCLL. But they are not the only ones to turn this event into one of the highlights of the yearly events calendar. The many students cheering their friends at the sideline also create a **unique and blistering atmosphere**.

The current record stands at a dazzling 1,078 laps completed. Also nice to know: the fastest lap ever completed during the 24-hour run was set by Michael Bultheel, a former student at the KU Leuven and two-time semi-finalist 400 m at the Olympics.





(YOUNG) ADULTS



In neighbourhoods where cars are banned, pedestrians and cyclists reclaim the public space. Leuven may well be the fastest growing city of Flanders, its center is bright and colorful and has a surprising number of green spots. When walking through the many city parks, it is obvious to see that these green lungs attract an increasing number of people to get some fresh air and exercise. “There are no obstacles for anyone who wants to practice sports in Leuven”, explains Glen Van den Bulcke, sport coach at ‘Fitter&Fitter’, one of the many sports initiatives that everyone in Leuven can join. “It is simply a matter of getting out of your living room and making use of the infrastructure that is already in place. The entire town is our gym.”

“People who are in their thirties very often realize after some years of hard work and little physical exercise that their glorious youth won’t last forever. Their back aches from time to time and they get short of breath just by doing normal, daily activities”, explains Glen. “Sooner or later, you got to work that body. You only have one, so, you better take care of it.” When people come to realize this, they often feel this urge to start exercising and they are 100% motivated, but after some time, their motivation slides and eventually, they throw in the towel. “To prevent this from happening, we set up motivating formulas for people who are in their thirties, forties, fifties ... and who love to practice sports, whether individually with a personal coach or in small groups. There is no age limit. Our oldest member is over seventy years old.”

“THE ENTIRE TOWN IS OUR GYM”

“During our outdoor condition training sessions, we try to build a nice team spirit so everyone feels at ease. This social context stimulates our members to continue. The fact that the coaches join the group and practice with them, is another motivation boost.”

“You can see us anywhere in Leuven, working out and opening our lungs: at ‘De Bruul’, in the city park, on the ‘Keizersberg’, alongside the canal, at the ‘barpark’ behind the ‘Sportoase’ center ... Each location offers a unique setting for our training session. We gratefully make use of the existing infrastructure, such as the ‘IPitup’ movement bench in the ‘Sluispark’ or the ‘Open Gym’ at the canal. By tying rubber bands around the trees, we transform any spot in no-time into an outdoor gym. Very simple but effective! How easy can it be?”



RUNNIN'CITY APP

The Runnin'City App guides runners through London, Paris, Berlin and Amsterdam and about 150 other cities worldwide. Forget the crowded tourist buses. Sight-running is **the best way to discover the most beautiful and interesting places in town.**

The city of Leuven and 'Toerisme Vlaanderen' also mapped out **five different running tours** to explore Leuven. Runners can choose between three distances: 5, 10 or 15 kilometers. While running at their own pace, they will get some more information in their headphones about the points of interest they pass by. The app also calculates the distance, the time, the speed, the elevation and the number of calories burned.

The **shortest route** - that can also be used by people who prefer walking - connects the **touristic highlights** of the inner city. The longer distances lead runners through the greenery on the edge of Leuven. The abbey route, covering a distance of 15 kilometer, passes by the four abbeys of Leuven, while another route leads across the provincial domain of Kessel-Lo.

The Runnin'City App being mainly intended for **tourists**, the many touristic accommodations in Leuven actively promote the app. But it is also a fantastic way for the people of Leuven to **re-explore their city**, or **discover some hidden gems** that they passed by so many times without even noticing.

CALL FOR PROJECT 'VIBRANT CITY'

To get more people exercising and practicing sports, the city launched a call for project inviting tech masterminds and creative talents to send in proposals. Every association, company, educational institution, knowledge center and spin-off could apply for **financial support to set up projects promoting an active life style**. The public space is used as a **'living lab'** where all the creative minds can try out their projects and measure the results.

By launching the call for project 'Leuven, a vibrant city', the city wants to boost the co-creation between sports, technology and creativity, three fields of expertise where Leuven is very good at, but that are not always working 'across domains'.

The call for project generated wide interest. Seven projects have been granted funds to further develop their innovating ideas and make them ready-to-use. The first edition was a great success and the call for project will be continued.

IPITUP MOVEMENT BENCH

One of the winning projects of the call for project was the 'IPitup' movement bench. 'IPitup' stands for: **Injury Prevention, Improve Performance and Individualized Programs**. This bench is an all-in-one unit that enables its users to perform a wide range of physical exercises. It is a sitting bench 2.0. People can still use it as an ordinary bench where they can sit and talk, but also as a workout unit to maintain their physical fitness and stretch their muscles. A double gain, so to speak.

Everybody can go ahead with the 'IPitup' movement bench. It is designed in such a way that

it can be used by both people who have never practiced sports before and well-trained athletes. An information board shows **easy and accessible training exercises**. People who want to perform a wider range of workout exercises, only have to download the free app, that acts as a virtual coach and motivator. Anyone who needs the push of a real coach, can join the group sessions. The coach will show the group members how to 'IP' on their own.

Since the movement benches have been introduced in Leuven, they made their way to other city streets in Flanders and Holland. The designers/builders even get requests from Denmark and Spain. Indeed, Leuven sends its sons all over Europe.

MOVEMENT RIBBON

The city intends to install **movement benches all over town**. Together, they will form one long trail of movement ribbons. People can walk or run from one bench to another, or perform a series of power and stability exercises. The app will guide them from one bench to another. Their bodies will be grateful for it as they will become stronger and more balanced, and the users will suffer less from injuries of other minor ailments. Leuven has received financial support from 'Sport Vlaanderen' to install this movement ribbon.

The city strongly focusses on political participation. Through the city's digital consultation and participation platform, the people of Leuven could indicate their **favorite locations** for the movement benches. 155 people did so and pointed out a total number of 87 different locations spread over town, out of which the city chose ten spots.

BARPARK BAR-CODE

Calisthenics is a form of physical exercise that is becoming increas-

ingly popular in Leuven. In short, it consists in **using your own bodyweight as resistance** in order to develop physique. In this way, building or stretching muscles does no longer require the use of complicated fitness equipment. From now on, a couple of bars will do. As one of the winners of the call for project 'Leuven, a vibrant city', **'BAR-CODE'** was able to build its first barpark right behind the 'Sportoase' center at the 'Philipssite'.

To get the people of Leuven interested in calisthenics, 'BAR-CODE' organizes on a regular basis free workshops, which are always an overwhelming success. Today, no matter the hour, there will always be someone working out at the 'barpark'. And they don't need a fitness club membership, they can go ahead right away.

SMART SPORTING CITY

The city knows how many people are member of a sports club, and it collects information about sport practicing and exercising through surveys and questionnaires. But these data do not really give information about the training frequency. By using Internet of Things applications, 'Sport Vlaanderen' and the city of Leuven join their forces to gather accurate, fine-grained and local data on sports participation. IoT also enables them to better monitor the impact of their policy measures.

The 'Smart Sporting City' project does not only collect new data but also digitize and automate existing data flows. A pilot project set up in Leuven, aims to identify in an efficient, rapid and accurate way the number of times that citizens practice a sport and exercise. These data allow the city to draw up better sport policies. By measuring the impact of the actions it has set up, the city is also able to adjust its policies where needed.



OPEN GYM

'Open Gym' is without the slightest doubt the most **sustainable and accessible 'fitness' club of Leuven**. It is always open, grants free access, and is entirely made up of recycled and reusable materials. Until recently, there was only one 'Open Gym' equipment, located under the bridge of the motorway E314, where only a few people came practicing from time to time. But thanks to the funds it received within the context of the call for project 'Leuven, a vibrant city', 'Open Gym' could turn this location into a real fitness space. Today, it provides a boxing platform, three giant climbing blocks, a wide range of power training equipment, a storage wagon ... 'Open Gym' also created a website and published a booklet with a variety of exercises for anyone who wants to do power training.

As many people of Leuven didn't know this location under the bridge of the E314, 'Open Gym' decided to make its way to the center of town. So, the association moved its mobile sport constructions to the social sciences campus of the KU Leuven, to 'De Bruul', the 'Heuvelhofpark' and the 'Stelplaats'. And they achieved their goal, because 'Open Gym' is becoming increasingly popular among sports people, and the training sessions and events attract a lot of people. The neighbourhood sports program 'Buurtsport Leuven' also uses this public fitness infrastructure, as well as the sports clubs 'We're All Athletes' and 'Fightclub Leuven'. It has become the hotspot for every self-respecting 'muscle man'.

SENIORS



“We are getting stiff”, I told my husband. “We should exercise. And I added, ‘Yes, you heard me well, I said ‘we’ because you will be joining me”, tells **MAGDA GOETHUYS** (68) with a twinkle in her eyes. In September 2019, Magda and Jan (75) decided to move ahead. They registered for a 12-session course ‘Muscle strength for seniors’, a range of science-based training exercises developed by the KU Leuven and ‘Sport Vlaanderen’, offered by the sports department of the city of Leuven. “To my big surprise, Jan was more eager to attend than I expected”, says Magda, amused, “I think that he felt the need to get into action.”

“When the tiniest effort became almost monumental, the first thing that came into my mind was: I am getting old. Until the age of 65, I had an office job, so, I was sitting at a desk all day. I never practiced any sports, I just didn’t have time to exercise. But after a couple of weeks of ‘Muscle strength’, I felt the difference. I was able again to climb up and down stairs with no trouble, while I experienced some difficulties before. And my mental health also improved. My resistance and vitality increased.”

“We do strength training once a week, in the sports center of Kessel-Lo. But our coach Francine tells us that we should do the exercises twice a week, so, we also perform them at home. To do so, we received a very practical booklet with detailed exercises.”

“I GET RID OF STIFFNESS BY EXERCISING”

“Of course, we could have joined a fitness club. But break a sweat in the gym, going from one fitness equipment to another ... no, that is not my cup of tea. We exercise in group, but the coaching is individual. That is what makes ‘Muscle strength’ so interesting for us. Before starting an exercise, our coach explains which muscles you are exercising, so you perfectly know what you need to focus on. First of all, she makes sure that you perform the exercise well, and if not, she shows you how to do it correctly, so you don’t get any injuries. Next, we build up, nice and slow. If it gets too much, you just hold on for a moment. Nobody will push you to go further. Everyone can join the group to exercise at his or her own pace.”



MUSCLE STRENGTH FOR SENIORS

As people get older, muscles lose strength. Adults who are over 50 years' old, lose 1 to 2% of their muscle mass every year, and people over the age of 70 even 3.6%. It also affects the mobility skills and the balance, increasing as such the risks of falling. To stay fit as you age, it is essential to maintain sufficient muscle strength and mass. For this reason, the city introduced a series of classes to **help seniors to remain strong as long as possible**. Not to turn every elderly citizen of Leuven into Jean-Claude Van Damme, but to help them to keep their muscles active.

For twelve weeks, the seniors follow a course of science-based and senior-oriented training sessions, developed by **'Sport Vlaanderen' and the KU Leuven**. The coaches identify the individual needs of each participant, and assesses his or her progression every four weeks.

At the end of the 12-week training sessions, the participants receive a box, including a brochure explaining the importance of strength training and physical activity, and a practical booklet with exercises to do at home. The city also foresees additional follow-up sessions to meet the demand initiated by the participants.

MOVING NEIGHBOURS

The name says it all ... 'Moving Neighbours' aims to encourage neighbours to become more physically active. This project of the **'Hogeschool UC Leuven Limburg (UCLL)'** that was originally set up within the context of the call 'Leuven, a vibrant city', is now organized for the third year in row. 'Moving Neighbours' includes that the residents of different neighbourhoods take up the challenge to exercise more during a period of 12 weeks.

Each participant gets one or more **'activity partners'**, and can rely on the support of a student coach and community workers. By using a Fitbit sports watch, they can track and record their physical activity through an online platform. Every week, each group, i.e. all the participants and their student coach, gather at a so called 'activity moment'. From time to time, all the groups from one neighbourhood come together.

The participants can check the activities reports of their own group as well as those of the other neighbourhoods on the platform. This guarantees a healthy competition between the participants - encouraging them to tie those hiking boots once more when they learn that the others seem to have walked more steps - but most of all, it enhances the spirit of togetherness. 'Moving Neighbours' intends to transform all the participating neighbourhoods into healthy and warm neighbourhoods. In this project, the societal dimension and the sporting dimension are equally important.



'MOVING ON REFERRAL'

Inactivity is the new smoking. To tackle one of the worst diseases of our times, the Flemish institute of good health **'Vlaams Instituut Gezond Leven'** initiated the project 'Bewegen op Verwijzing' to encourage people to become more physically active. With a referral of your GP, you can call upon one of their coaches. More than 1,250 citizens of Leuven already did so. Leuven was the first city where the project was set up. Through its neighbourhood health centers, the city acted for three years as a kind of experimental lab before the project 'Bewegen op Verwijzing' was rolled out across Flanders.

The coach helps you to become **more physical active** by drawing up an 'activity plan' for each individual person. But this doesn't mean that people have to go to the gym every day or run their daily laps in the park. No, small daily routine activities can make a world of difference, such as taking the bike instead of the car, using the stairs instead of the elevator, or going for a walk from time to time.

To make the project as accessible as possible for each citizen of Leuven, the city and its neighbouring municipalities Huldenburg, Oud-Heverlee, Lubbeek, Rotselaar and Herent granted additional financial support on top of the subsidies already granted by the Flemish government. In this way, the rates for an individual coaching session could be lowered from 20 to 10 euros, and participants who are entitled to increased compensation, only pay 1 euro.

ELITE ATHLETES



He was one tiny second too slow to achieve the qualifying time for the 2016 Olympics in Rio de Janeiro, but this 2020 Summer Olympics, 'hurricane' **ISAAC KIMELI** will be on track - literally! Isaac "hopes finishing in the top-8" of the 5,000 meter-run. In other words: he wants to reach the finals.

On that same distance, he won a gold medal at the 2019 Memorial Van Damme. In the winter season, this 26-year-old elite athlete focusses on cross-country running. In this discipline, Isaac crowned himself Belgian champion more than once. Things go really fast for this athlete runner.

Isaac: "The 1,500-meter, the 5,000-meter and the 10-kilometer runs are my favorite distances. I am not ready yet to run a marathon, but I will certainly try to in the future, when my body is strong enough to do it. Today, I must focus on my running speed, and I want to show on the track what I am capable of."

Races, runs and trainings have a strong impact on Isaac's body. "To make my body stronger and more vigorous, but also to prevent injuries, I go to the GRIT Belgian Sports Clinic in Leuven, although I am living in Halle. It is amazing to see how this interdisciplinary team of experts makes an immediate use of the latest scientific insights and innovations and introduces them in their guidance or treatment. My physiotherapist assists many elite athletes. He is really great and I love working with him. He will be joining us on the Olympics. Thanks to the exercises and the power training sessions I do with him, I became much stronger when entering the home straight. And that is a must, because you have to 'stand up for yourself', if not, your competitors literally push you aside. The GRIT team also advises me on my nutrition and sport diet. Their advice is entirely adapted to my training schedule and race calendar."

"PROFESSIONAL GUIDANCE MAKES ME FASTER AND STRONGER"

"It is better to be smart than pretend to be strong. I listen to my body, and when I feel the smallest pain or discomfort, I ask the advice of my coach or someone of the GRIT team. In that way, I prevent serious injuries, because it is never okay to continue running when you feel pain. It only puts extra strain on your body. Until now, this approach has always been useful. I have never had any serious injury."

"People sometimes say that long distance running is a lonely activity, but in fact, it is a team sport. My advisors, my coach, my girlfriend ... all of them contribute to my success."



SUPPORT TO ELITE ATHLETES

The sports clubs of Leuven can count on the support of the city and **'Tofsport'**. But for the elite athletes, the city goes even one step further. Teams and individual athletes who participate in major sports events such as the Olympics, the Paralympics, the world and European championships, World games ... are entitled to **financial support**. In this way, they can train and prepare themselves in the best possible conditions and achieve top-level performances.

FIVE TOP-LEVEL SPORTS CLUBS

Leuven has five top-level sports clubs: **athletics club DCLA, basketball club 'Leuven Bears', hockey club 'KHC Leuven', football club 'OHL' and volleyball club 'Haasrode Leuven'**. All five of them compete at national level. Beside these top-level sports clubs, Leuven also has several other clubs where (future) elite athletes are trained, such as the 'Leuvense Reddingsclub' (LERC, rescue swimming), 'Rolschaatsclub Heverlee' (roller skating), ice hockey club 'Chiefs Leuven', 'Blauwput Omnisport', 'Schermsclub Parcival Leuven' (fencing), 'Karateclub Samoerai Leuven' ... In this way, **the city makes sure that future sports talents can grow in their hometown**, and that elite athletes and top-level clubs remain in Leuven. The same applies for the sports lovers: they can practice sports and/or enjoy the games of their favorite club or athlete in their home-town, near the place where they live.

BAKALA ACADEMY

The 'Bakala Academy' is a **world-class research and testing center**, focusing on top-level sports performances and providing **assistance to elite athletes**. The center was founded in 2013 by Zdenek Bakala, a Czech-born businessman and philanthropist with a passion for cycling. It operates under the responsibility of the KU Leuven. The Bakala Academy tests and screens (elite) athletes from different sports disciplines and **provides science-based advice to enhance their performances**. The center's special expertise includes training schedules and programs; nutrition and diet optimization in accordance to training and performances; performances in extreme conditions such as heat and altitude. The center also provides training to coaches, so they can pinpoint their training methods according to the latest scientific insights. It also focuses on innovation.

The Bakala Academy is active in a wide range of sports, and **builds bridges between athletes and coaches** from different disciplines. Indeed, new scientific insights from one sport can also help athletes from other disciplines. Many elite athletes and sportsmen/women rely upon the Bakala Academy for assistance and advice. The **national football teams Red Devils and Red Flames, the cycling team Deceuninck-Quick Step, the Team Borlée and the basketball team the 'Leuven Bears'** are some of their 'regulars'.

SWIMTRAXX

The start-up 'Swimtraxx' uses **cutting-edge technology** to revolutionize swimming. During trainings and races, the wearable they developed measures all the key parameters: times, stroke rate frequencies, breathing pattern, heart rate ... Swimming athletes and their coaches can analyze these data, find out where they can still improve the performances and monitor the evolution of all these parameters. The swimmers can simply attach the small tracker to their goggles, so it will not bother them while swimming, unlike other technologic devices.

Jeroen Lecoutere, the founder of Swimtraxx, is also a competitive and rescue swimmer and holds a PhD from the KU Leuven. His technology is already used by Olympic medalists Pieter Timmers and Femke Heemskerk, and Belgian champion backstroke and fellow-citizen Lander Hendrickx.





TOP-LEVEL SPORTS RESEARCH KU LEUVEN

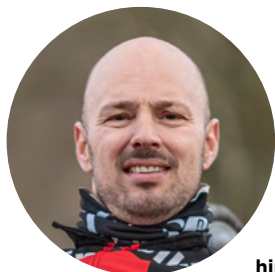
The KU Leuven does a lot of top-level sports research. This research is known worldwide and put into practice by elite athletes, and top-level teams and coaches. Below you will find a selection of the most striking findings of recent research carried out by KU Leuven:

- Last year, the Kenyan athlete Eliud Kipchoge was the first runner ever to finish the **marathon under the magic 2 hours limit**. His time was 1 hour, 59 minutes, 40 seconds. Science played an essential role to achieve this phenomenal record-breaking performance. Much has been written about Kipchoge's running shoes, but the line-up of his pacemakers during the race was also a key factor. The special line-up that reduced the air resistance as much as possible during two hours, was partly the result of **wind tunnel testing** and **computer simulations** realized at the KU Leuven.
- You love it or you hate it, but there is no doubt that the Video Assistant Referee (VAR) has changed the way football is played. The video referee was introduced into football for the 2018 World Cup. IFAB, the international body that determines the laws of the game, and FIFA, the international football association board, gave green light to use the VAR on the basis of extensive research carried out at the KU Leuven. The researchers analyzed the use of the video referee assistant in more than 1,000 matches. They assessed its impact on the number of correct referee decisions, the possible time loss and the fair play.
- Every **cycling fan** knows that cyclists try to benefit from the slipstream of the TV camera motorbikes that pass by. By taking their **slipstream, shielded from the wind, they can go faster**. Research from the KU Leuven showed that the time gain is more significant than expected. Related research in the wind tunnel also revealed that riders in the middle or at the back of the peloton experience less air resistance than generally believed. Paralympic riders can gain crucial seconds by adopting a more **aerodynamic position**. Scientists of the KU Leuven help them to achieve this goal.
- In no-time, **ketones** built a reputation as a 'super fuel' for the body. A research team of the KU Leuven showed indeed that they can **have a huge impact on the performances of endurance athletes**. During a simulation of the Tour de France, set up by the KUL researchers, they found out that the trial participants who had taken ketones recovered much faster than the subjects who hadn't. The researchers pointed out however that only the 'pure' ketones had this kind of effect. The many ketone drinks available on the market only contain a very slight amount of this '**super fuel**'. So, they have only very little or no effect at all.

Within the context of the 'European Sports City' and the Road Cycling World Championship, the KU Leuven will be carrying out some major top-level sports research.



PARATHLETES



ROBBY HEYLIGEN (42) lived for sports. Six days out of seven, he was playing football, both on the field and indoor. Until fate struck. “After a football training, I got a spontaneous brain bleed. Luckily, I was at the ER of the ‘Gasthuisberg’ hospital within half an hour. I was in a very bad condition, but I made it.” The hemorrhage left him paralyzed on his left side. Robby was only 26 years old at that time. He would never regain autonomy. So they said ...

During his lengthy and heavy rehabilitation period in the hospital of ‘Pellenberg’, Robby came into contact with ‘Join2Bike’, a cycling club for both non-disabled and disabled people. “Honestly? At first, I thought: tricycles, no way, that’s for old people. I really couldn’t imagine myself sitting on it”, tells Robby, but eventually, he succeeded in overcoming his embarrassment. “The first two, three years, I could hardly follow the other team members of ‘Join2Bike’. I pushed my limits too far and after a trip of no more than 40 kilometers, I could barely reach the finish line. Today, twelve years later, I do not only ride with ‘Join2Bike’, but I also joined a regular cycling team. I ride 90-kilometer circuits at an average speed of 27 kilometers an hour. On one leg! Still on a tricycle, because of the lack of balance. I recently bought myself a new bike: sportier and faster. It is in my nature to push myself beyond my limits and become stronger and stronger.”

“And I think it is fair to say that without the coaching of ‘Join2Bike’, I would never have achieved this. Of course, the indispensable support and warmth of my family, friends and girlfriend was also crucial. Even if my sports performances have improved enormously - my next goal is to compete with non-disabled riders - I still go riding with my friends of ‘Join2Bike’ every Sunday morning. And I hope to inspire and motivate other disabled persons to follow my example. I want to show them that with a combination of willpower, luck and sports, you can achieve so much more than you ever thought you were capable of. Through all those years, ‘Join2Bike’ has become family.”

***“THANKS TO MY SPORTS ACTIVITY,
I DO NOT LONGER FEEL MY DISABILITY”***

“Join2Bike is not the only option in Leuven to practice parasports. The non-profit organization CAS which stands for ‘Centrum Aangepast Sporten’ (center for adaptive sports) offers a wide range of sports for youngsters and adults with a disability, such as swimming, badminton, basketball, gymnastics ...”

“If you want to go ahead, there are no options: you fight and you go on with your life. Today, I reached the point that my disability has a lesser impact on my wellbeing than it used to have. Even if there are times that it is still hard for me to accept. But practicing sports helps me to get rid of my frustrations and channel my energy. Thanks to my sports activity, I do not longer feel my disability.”



PARASPORTS EVENTS

The city of Leuven organizes various events to put parasports in the spot lights. Within the scope of 'Flanders 25', **an international wheelchair tennis tournament**, the city created a tennis court on the 'Martelaren' Square. Everyone could follow a wheelchair tennis initiation. Gert Vos and Jef Vandorpe, two top-players, assisted the initiation and played an exhibition game. Parathletes could do a tennis trial session, and everyone who wanted to could experience what it is like to practice sports in a wheelchair.

Besides special parasports events, the city also **integrates parasports in the existing sports events calendar**. The popular 'Eindejaarscorrida', run every last Sunday of December, pays special attention to people with a disability in order to allow them to participate in this race. The city also organizes parasports camps for kids.



REMOVING OBSTACLES

The city of Leuven adopted a policy **to increase inclusivity and make sports accessible for everyone, without exception.** Every citizen of Leuven must be given the opportunity to practice sports and be physically active. Disabled people included. But there are five important obstacles that complicate the achievement of this goal: the disability itself, the transport to the sports center, the limited offer, the lack of adapted infrastructure and the cost price. The city wants to promote parasports and reduce and remove the existing obstacles. When constructing or renovating sports infrastructure, the city's sports department will always think about ways to make it as accessible as possible, and this from the first blueprints on. Every year, the city of Leuven makes 15,000 euros available for the sports clubs to buy parasports material and equipment.

SPORTS CLUB PROMOTOR

Since the summer of 2019, the city has a sports club promotor who spends half of his time on the further development of parasports. His tasks range from supporting sports clubs and increasing their sports offer to guiding them through the various subsidy options and extending the current infrastructure. The sports club promotor helps the city to offer a parasport version of most of the sports disciplines.

PARASPORTS CLUB

Most of the time, parathletes practice their sport within the parasport activities of the regular sports clubs. Many clubs are accessible for disabled people and pay very close attention to inclusion. Basketball club 'Leuven Bears' for instance has its own parasports teams 'Leuven Bears on Wheels' and 'Junior Bears on Wheels'. Athletic club 'DCLA' and many other sports clubs in various disciplines include active parasports activities.

MAKING SPORTS FUN FOR CHILDREN WITH INTELLECTUAL DISABILITIES

Sports clubs must be places where children and young people feel secure. It must be a warm, safe haven where they can grow at their own pace and, of course, have fun. The charter **"Ook wij sporten geestig gezond"** ("We too practice sports and have fun") draws special attention to the mental well-being of young sports people. 'Tofsport Leuven', 'Buurtsport Leuven', 'Leuven Warme Stad', 'de Wissel', 'CGG Passant' and 'Sportraad Leuven' (sports council) promote this charter.

The initiative was launched by the 'PassAnt', the center for mental health care in Leuven, that rolled out the charter across Flanders in cooperation with 'G-sport Vlaanderen', 'Sporta' and 'Parantee-Psylos'. **The renowned psychiatrist Dirk De Wachter is the promotor of this project**, and was the first person to sign the charter. In the meantime, over more than 1,000 clubs and athletes did the same.

SPORTS CLUBS



For **ANN BOONEN**, sports have always been an important part of her life. It is ingrained in her since she was a child. “I was merely 2 years old when I followed into my father’s footsteps and started doing gymnastics at the ‘Blauwsport Omnisport’ club in Kessel-Lo. I participated in gymnastic competitions until I was 18.”

But the end of her competitive career was not the end of Ann’s sports activities. “Between the age of 16 and 34, I was a gymnastics coach. Afterwards, I became technical coach and today, I am one of the club directors. I do this for free, out of my engagement as a volunteer. In busy periods, when registering new memberships, I am working for the club about 5 hours every evening, and 7 to 8 hours in the weekends. But when you feel appreciated and you see the result of your efforts, you know that it is all worth-while. I get a lot of personal satisfaction, not only from the sportive results of our individual members, but most of all from the general results of our club: the increasing number of memberships, the generated revenues, ...”

‘Blauwsport Omnisport’ has about 1,900 members and is one of the largest omnisport clubs in Belgium. “In our club, you can practice every day another sport, at a very reasonable price. Whether you come just for fun or participate in competitions. Our club is member of 5 sports federations, as required for clubs offering competition sports. We can rely on 100 volunteers and 13 board members to ensure that everything runs smoothly. If possible, we recruit our coaches from our own ranks, and we encourage them to follow trainings and get certifications.”

“PERSONAL SATISFACTION, THAT IS THE GOAL OF EVERY VOLUNTEER”

“But it is hard to find enough volunteers. Year after year, we see that the engagement to become member and stay at the club is weakening. It is a problem that most of the clubs are dealing with. Fortunately, at ‘Blauwput Omnisport’ we can count on our fan and supporters club, mainly parents and grand-parents of our members who give us a helping hand from time to time.”

Ann’s engagement reaches further than her own sports club. “I am also the secretary of the sports council of Leuven, with more than 140 affiliated clubs. We share expertise and practical experience, and we advise the city council. Ideas, complaints or aspirations are easily picked up and detected, and can be quickly addressed and solved. For example, we suggested the city to provide in each one of the city’s new neighbourhoods sports infrastructure to encourage everyone to exercise.



Clubs in the city of Leuven	Number
Clubs recognized by the city of Leuven	133
Clubs receiving allowances from the city/Tofsport	102

MEMBERSHIP SPORTS CLUBS*

Age category	Number	%
0-12	9,181	33,86%
12-18	4,305	15,88%
19-35	5,243	19,33%
36-55	5,258	19,39%
55+	3,131	11,55%
Total	27,118	100%

OVERVIEW ALLOWANCES FOR OPERATIONS, EDUCATION AND ELITE SPORTS

Year	Sport
2017	€ 200,000
2018	€ 315,000
2019	€ 315,000
2020	€ 315,000
2021	€ 315,000

OVERVIEW ALLOWANCES SPORTS ACTIVITIES AND EVENTS

Type of allowance	2017	2018	2019	2020	2021
Allowance for special sports activities	€ 41,775	€ 43,225	€ 36,175	€ 50,000	€ 50,000
Nominative allowances for events (city of Leuven)	€ 91,750	€ 137,250	€ 122,750	€ 884,000	€ 985,250
Nominative allowances for events (vzw 'Tofsport')	€ 32,800	€ 38,500	€ 26,050	€ 680,000	not yet determined
Total	€ 166,325	€ 218,975	€ 184,975	€ 1,614,000	€ 1,035,250

*figures of sports clubs which receive allowances

SUPPORT FROM THE CITY

The sports clubs of Leuven can count on extensive support from the city. In the last few years, the **subsidies budget** was substantially increased.

All the sports club that are registered in Leuven are entitled to receive these grants and allowances. Clubs that have signed the Panathlon Declaration, are granted additional credits when submitting their allowance file. By signing the declaration, these clubs commit themselves to establish clear rules of conduct in order to strive for positive values in youth sports. In this way, the city puts extra focus on the promotion of fair play.

The biggest part consists of operation grants. These allowances enable the clubs to finance their daily operations and allow the city to support the quality of the activities provided by the clubs. In this way, clubs can boost their youth activities, reach specific target groups, send out communications to grow their ranks, buy parasports equipment or material ... Besides this type of grants, the clubs can also obtain allowances for education, further training of their coaches and board members, or set-up their own educational programs. And last but not least, the city has a special grant program for elite athletes and top-level sports clubs. The sports club promotor identifies the needs of the clubs.

Infrastructure is a heavy cost item for many sports clubs. To support them in this matter, the city offers various options: the clubs can apply for infrastructure allowances, but they can also obtain an interest-free loan.

UITPAS

The 'UITPAS' is an essential instrument for sports clubs, athletes and sports people in Leuven. With this benefits and discount card, citizens of Leuven who are entitled to increased allowances can **participate in all kinds of leisure activities at a special price**. Sports is one of the most important activities included in this offer.

De 'UITPAS' replaces the former 'Sportbon'. To enable all the citizens of Leuven to practice sports and take part in the community life, the city removes the financial obstacles. Holders of the 'UITPAS' who benefit from the **opportunities tariff**, can become member of a wide range of sports clubs at a preferential price. They only pay **20% of the membership fee**. The club pays another 20% and the city the remaining 60%. If more than 5% of the members is entitled to the increased allowance, the sports club does not have to pay the other 20%, and the city pays the remaining 80%. Today, 269 citizens have benefitted from this measure to become member of a sports club.

The city of Leuven does not forget the **passive sports fan**. With the 'UITPAS', they can buy a season ticket for football club 'OHL' at opportunities tariff.

ONLINE RESERVATION TOOL

In many cities, the sports clubs can only book sports infrastructure by phone or email, or they have to fill out and send an application form. The city of Leuven developed 'ProSport', an **online platform** where everyone can check the availability of the sports infrastructure. Regular users, such as sports clubs, can send a booking request through the system. ProSport also enables the clubs to directly **apply for grants** at the city's sports department. This platform is unique in Flanders, and allows the clubs to gain a lot of time and reduce their administration. A new version of ProSport is currently under construction. Once it will be up and running, it will be even easier for sports clubs and sports people to send online booking request.



VOLUNTEERS POLICY

Sports club are mainly run by volunteers. Whether they act as coach, provide assistance during competitions, maintain the infrastructure, ensure the administration or run the cafeteria: without their engagement, most of the clubs wouldn't be able to get so many of their fellow-citizens exercising and practicing sports.

The city makes every effort to support the volunteers and the clubs in the best possible way. The **'volunteers database'** connects clubs that are in need for extra help and volunteers who are willing to lend a helping hand. The city organizes **information sessions** to help the sports clubs to retain their volunteers. It also provides information about the revised statute regarding association activities. Indeed, it is very important that volunteers comply with all the administrative formalities and other requirements, such as insurances. In this way, they can play their important role within the club without worries, sure that they are fully covered.

'OPEN SPORTCLUB'

Not all of the citizens of Leuven find their way to a sports club. Still too often, socially vulnerable people fall by the wayside. By introducing the 'Open Sportclub' label, the city encourages sports clubs **to focus as much as possible on 'inclusivity' and to reduce the obstacles.**

The social dimension of sports is extremely important. It helps people to learn a language, to interact with others, to show consideration for others, to learn to win and to lose ... These are valuable skills where people from disadvantaged group can benefit from.

An 'Open Sportclub' also focuses on social diversity. It takes the fullest possible account of the personal story and the individual background of all its members, and it makes sure to provide an adapted sports offer.

To obtain the 'Open Sportclub' label and be accessible for all target groups, the sports clubs have to meet eight conditions. 'Buurtsport' accompanies the sports clubs of Leuven to take steps in this direction. Many clubs already do their utmost to get everyone involved in their sports discipline. Today, **frisbee club 'Jet Set Ultimate' and martial arts club 'Long Hu Men'** have already received the 'Open Sportclub' label, and the city hopes that many others will follow their example.

SPORTIVOS

Sports clubs cannot always avoid alcohol and drug use. **The prevention program 'Sportivos' wants to reduce and prevent as much as possible the alcohol and drug use in sports clubs.** This pilot project was set up in Leuven, before being rolled out across Flanders.

The Flemish expertise center for alcohol and drugs 'VAD' developed **a three steps project allowing sports clubs to tackle this issue.** The first step, 'Sportivos Bronze', focusses mainly on the key members of the club. 'Sportivos Silver' goes one step further and shifts the focus to all the club members. The in-house alcohol and drug coaches follow a specific training that addresses not only their role as coach, but also other topics such as addictions, regulation ... They learn how to take preventive action, how to recognize the problems and deal with them, and how they can refer club members when they need help. To inform the young club members on the effects of alcohol and drugs, they can use **'Homerun'**, a game that has been especially created for that purpose. In the third and last step, 'Sportivos Gold', the clubs set down what has been agreed on, draw up an action plan and involve their supporters in the program.

Various sports clubs of Leuven took part in the 'Sportivos' program. **Volleyball club 'Berg-Op Wijkmaal (BOW)'** was the first one to obtain the golden label. The club succeeded in convincing the entire club - coaches, members, fans - to support the program. The cafeteria serves mocktails and alcohol-free drinks at a cheaper price. The club set up an online survey that resulted into a charter on the use of drugs and alcohol. BOW also appointed two alcohol and drug coaches.



NUMBER OF CHAMPIONS PER CLUB IN 2019 (INDIVIDUAL)

Discipline	Club	Flemish champion	Belgian champion	European champion	World champion
Athletics	Daring Club Leuven Atletiek	10	16		
Badminton	W & L Badmintonvereniging	4	10		
BMX	Belgian Cycling		1		
Brazilian jiu-jitsu	Brasa Belgium - Brazilian Jiu Jitsu Academy	1	4	4	1
Karate	Karateclub Samoerai Leuven	6	2		
Crossbow archery	Koninklijke Kruisboog-maatschappij Help U Zelve		3		
Motorsports	Okapi Racing		1		
Rescue swimming	Leuvense Reddingsclub	9	17	2	
Roller-skating	Rolschaatsclub Heverlee	3	27	6	6
Fencing	Scherclub Parcival Leuven		2		
Skiing	Sneeuwsport Vlaanderen		1		
Squash	Squashclub De Vaart	4			
Taekwondo	Nong Jang Belgium		3		
Gymnastics	Blauwput Omnisport	2			
Trampoline	Blauwput Omnisport	2	3		
Triathlon	Triatlon Duatlon Leuven	1			
Swimming	Leuven Aquatics	6	16		

NUMBER OF CHAMPIONS PER CLUB IN 2019 (TEAMS)

Discipline	Club	Flemish champion	Belgian champion
Athletics	Daring Club Leuven Atletiek		1
Badminton	W & L Badmintonvereniging	1	
Dancing	Pump'n Dance Wilsele	1	1
Karate	Karateclub Samoerai Leuven	2	
Korfbal	Korfbalclub Leuven		2
Rescue swimming	Leuvense Reddingsclub	3	3
Squash	Squashclub De Vaart	1	
Tennis	Koninklijke Tennisclub Stade Leuven		1
Triatlon	Triatlon Duatlon Leuven		1
Volleyball	BDO Haasrode Leuven	2	3
Volleyball	Berg-Op Wijgmaal	1	

LEVEL CLUBS SEASON 2019-2020

Discipline	Club	Competition level
Outdoor athletics	Daring Club Leuven Atletiek	Honorary league of the Royal Belgian Athletics Federation KBAB
Badminton	W&L Badmintonvereniging	Premier national league
Badminton	De Dijlevallei Badmintonclub	2nd national league
Baseball	Leuven Twins	3rd league
Basketball	Leuven Bears vzw	Premier league
Basketball	Basketbalclub Dames Leuven Notre Dame	2nd national league
Billiards	KBC Zanzibar Koninklijke Biljartclub Leuven	1st league
Frisbee	Jetset Ultimate Frisbee vzw	Premier national league
Hockey	Koninklijke Hockey Club Leuven	Honorary league
Ice hockey	Ice Hockey Club Leuven	Bene League & Premier league
Inline hockey	Chiefs Inline Hockey Club Leuven	Premier league
Judo	Judocentrum Leuven	Premier league
Korfbal	K.C. Leuven vzw	2nd national league
Roller skating	Rolschaatsclub Heverlee vzw	International
Rugby	RugbyClub Leuven	Premier national league
Fencing	Scherclub Parcival Leuven	All levels: from provincial to international
Table tennis	K.T.T.K. Pingouin Leuven	2nd national league
Table tennis	T.T.C. Meerdaal Leuven vzw	2nd national league
Tennis	Koninklijke Stade Leuven Tennisclub	2nd national league
Tennis	TC Lovanium	3rd national league
Triathlon	Triatlon Duatlon Leuven vzw	Premier league
Gymnastics	Blauwput Omnisport	Premier national league
Football	OHL Oud-Heverlee Leuven vzw	Premier league division B
Volleyball	Volley Haasrode Leuven	Premier national league
Water polo	Leuven Aquatics	2nd league



2021 ROAD CYCLING WORLD CHAMPIONSHIP

To celebrate its 100th anniversary, the Road Cycling World Championship returns home, to the 'heartland' of cycling races. Next year, it is **the 10th time that the most important cycling event will be organized in Belgium**. In 2021, the finish line is located in city of sports, Leuven. This world championship will be turned into a big cycling event and an even bigger city party. It will be the most festive event of the year.

From 18 until 26 September 2021, the elite riders' race, the U23 race and the junior race will be held in Flanders, and this for both men and women. No less than 11 rainbow jerseys are to be awarded. The time trials will be held in Knokke-Heist and Bruges. The other races will start in Antwerp and finish in Leuven. In and around the city, the riders can expect a local circuit including some challenging slopes that they will have to conquer several times during the final race. This will be a real thrill for the true punchers who can make the difference on these nasty slopes.

The **Belgian riders** will be cheered by their fans who will gather along the race route and shout their lungs out, hoping that this will help their favorite rider to win the world championship. It will not be long before the world champion fever will strike hard in Leuven.



SPORTS EVENTS



Leuven adds a new, sportive page to its century-old history. In 2021, the finale of the 100th edition of the Road Cycling World Championship will be covered in the historic center of Leuven. “The city and its surroundings are the epicenter of the world championship”, explains **TOMAS VAN DEN SPIEGEL**, CEO of Flanders Classics. “And not only on Sunday 26 September 2021, when the elite riders will compete for the rainbow jersey. From long before until long after the world championship, our organization and the city will put a spotlight on bicycles, cycling experience and cycling policies.”

“We expect hundreds of thousands cycling fans from all over the world. The organization of this event is another example of team sport: together with sports events organizer ‘Golazo’, ‘Flanders Classics’ constitutes the local organizing committee and we cooperate as such with the Flemish government, ‘Cycling Vlaanderen’, the Belgian Cycling federation and last but not least the four participating cities, among which Leuven.”

“The world championship will not only address the cycling-related aspects, whether recreational, functional or sportive, but will also put a spotlight on every single aspect that makes Leuven so unique: its art, its heritage, its gastronomy, its university ...”. The city’s sports department will be the ‘flywheel’ of the organization and will be working close together with all the other city departments, the local police and the KU Leuven. The city of Leuven also wants to involve its citizens as much as possible.

“LEUVEN IS THE EPICENTER OF THE ROAD CYCLING WORLD CHAMPIONSHIP”

“It is our ambition to provide a state-of-the-art world championship. Sustainability and innovation are key. We want to become the most ecologic world championship that has ever been organized. To achieve this goal, we have set up a cooperation with ‘OVAM’, the Flemish public waste management company and ‘Mooimakers.be’. This cooperation concerns waste management, the constitution of a closed-loop system, ways to work in a carbon-neutral manner ... This world championship must be more than a one-off sports event. Our aim is to leave a legacy with impact on bicycle use and cycling policies. This approach is also in line with the city’s ambition to become entirely carbon-neutral by 2030. With the help of innovative companies - and there are many of those in and around Leuven thanks to Imec and the many start-ups - we want to raise this mass event to a higher level in terms of communication, crowd management ...”

“Leuven plays a key role in the world championship, as it will also be hosting the Health-Enhancing Physical Activity (HEPA) congress and the UCI-gala event.”

LOCAL, REGIONAL AND (INTER)NATIONAL COOPERATION

The city of Leuven and the city's sports department have built strong local, regional and national partnerships. At city level, the sports department works closely together with other city departments, local sports clubs and local organizations to optimize existing projects or create new ones.

The city of Leuven also develops initiatives with other cities and municipalities. Within this context, the **Flemish Institute for Sports Management and Recreation Policy 'ISB'** plays an important supporting role by offering its expertise and knowhow. **'Sport Vlaanderen'**, the sports management agency of the Flemish government, is another key partner. To ensure the success of local sports policies, it provides various instruments, such as awareness-raising campaigns, project calls and educational trainings.

The city also works closely together with sports federations and unions to set up major national and **international sports events**. The **'Red Flames', Belgium's national women's football team**, play since many years all its home matches in Leuven. Their games draw more and more fans to 'Den Dreef', the King Power stadium of football club 'OHL'. The city is very proud of this. The 'Red Flames' became very popular promoters of women's football, which has risen in profile and popularity these last few years, and particularly in Belgium.

Leuven also hosts several **international tournaments**: Yonex Belgian International, Flanders 25, the 'Meeting voor Mon', ... These are only some of the sports events that the city organizes in cooperation with the local sports clubs, and, if need be, with major sports marketing agencies such as Golazo or Flanders Classics. Within the scope of the 'European city of Sport' title, the city has encouraged local sports clubs and (inter)national federations to upgrade existing partnerships or bring new events to Leuven.





LEUVEN BEACH

A beach in the center of Leuven? Five days a year, the 'Ladeuze' Square is transformed into one big sandy plain. Anyone who wants to, can set up a team with friends, family or colleagues and participate in **one of Belgium's beach volleyball tournament**. And there are also 'beach activities' for the kids.

But 'Leuven Beach' is more than just fun. Belgium's top-level beach volleyball players compete with each other and inspire amateur players by their spectacular smashes and blocks. So, anyone who wants to admire some beautiful jumps and dives ... the 'Ladeuze' Square is the place to be in July.

'EINDEJAARS-CORRIDA'

Every last Sunday of the year, the participants of the 'Eindejaarscorrida' run through the streets of downtown Leuven and its surrounding areas. The athletics club 'DCLA' and the city of Leuven join their forces to organize this unique event. The start line is situated at the 'Bondgenotenlaan', the finish line at the 'Ladeuze' Square. Participants can choose between a 4 km, 8 km or 12 km run that leads them through the historic center of Leuven and the city park. These last few years, each edition lured 6,500 enthusiastic runners to the center of town -the maximum number of runners allowed. The 'Eindejaarscorrida' has become one of the city's major traditional events. The 2019 edition was the 22nd in a row. For many citizens of Leuven, it is the ideal opportunity to get rid of the Christmas weight gain and to share early new year wishes with their fellow-citizens

LEUVEN NIGHT RUN

The 'Leuven Night Run' leads runners through the city's most beautiful and most iconic buildings. By night, the participants run through places such as the town hall, the university halls, the AB InBev brewery or the Museum M. 'Leuven Night Run' is not a race, but an 'experience run'. Times are not even recorded. Along the route, the runners are encouraged by the city soprano and music groups, they bump into fire-eaters or they become extras in a staged wedding ceremony.

Last year, the event attracted more than **4,000 runners to the old town**. After having crossed the finish line at the 'Oude Markt', the participants could watch the pole vault gala while enjoying a cool drink.

Since the first 'Leuven Night Run' was held, other Flemish towns copied the idea. Even schools are setting up this kind of event. But the concept is 100% made in Leuven!

ACTIVE LOCAL EUROPE

The city of Leuven leads a new European project: Active Local Europe. This project associates nine cities and municipalities and four national networks of cities and municipalities from four European membership states - Italy, Germany, Holland and Belgium - within one platform promoting sports and physical activity. Within this cross-border cooperation aiming the promotion of sports and physical activity, they want to encourage their citizens to exercise and empower a feeling of belonging. In addition, the platform also strives to facilitate contacts between European cities and municipalities and enable them as such to set up common projects and carry out research and other initiatives related to sports and physical activity. For this purpose, an e-platform is developed to foster the cooperation between cities and municipalities from all over the European Union.

SPORTS INFRASTRUCTURE



“Fighting teaches you to respect other people.”

MOHAMED AL MAHMOUDI (22), together with **ABDELHAFID EL KHALFIOUI (24)**, is one of the driving forces behind ‘Fightclub Leuven’.

“We provide training sessions adapted to all age groups, from beginners level to advanced level. Most of our members are young people from very diverse backgrounds who join us several times a week to practice boxing, kickboxing and wrestling. When they arrive here, they are worried and stressed out, but after a good fight, they go back home, all smiles, and the only thing they can think about is go to sleep.” (laughs)

The respect that Mohamed talks about, starts when walking through the door: when the youngsters arrive at the center, each one of them shakes hands with all the coaches. Mohamed and Abdelhafid know the big impact of this small gesture. Abdelhafid: “We shake hands, but anyone who does not listen to what we say, will be summoned.” Mohamed: “Discipline is essential. It kept us on the right track when we were kids. Hafid was my coach, and look at me now. Today, I am a coach too and we are working side by side.”

Colorful walls, covered by street art ... A carpet of sports mats and a boxing ring ... It is hard to believe, but until not so long ago, this multifunctional sports center used by ‘Fightclub Leuven’ was a former carwash of the bus company ‘De Lijn’. Mohamed: “What you see here, is the result of one year of hard work. The sports department of the city granted us a budget, but we could never have achieved all this without the help of our youngsters and coaches. And it gives a great feeling.”

“BOXING RING INSTEAD OF BUSES”

“This center became our new home in November 2019. We share it with ‘Open Gym’ and ‘Buurtsport Leuven’”, explains Abdelhafid. “Before we settled in, we rented a space in the sports hall of Kessel-Lo, but since we have our own space now, our kids can join us every day. In our opinion, this is very important, because ‘Fightclub’ is more than just a place where they go to practice sports. It is also a place where they can forget their daily worries. We boost their motivation and by doing so, we hope that we can have a positive impact on a crucial moment in their life.”



57 MILLION EUROS FOR SPORTS INFRASTRUCTURE

Leuven is a 'city of sports' in the true sense of the word. **82% of its citizens are satisfied with the available sports facilities.** The city continues to invest heavily in sports infrastructure. The city council has allocated 57 million euros for this purpose, of which 35 million will be spent on the conservation and the rehabilitation of the existing infrastructure, and 23 million on new projects.

COOPERATION WITH SCHOOLS

Leuven strives to make optimal use of the available sports infrastructure. Within this context, the city sets an example by concluding agreements with several schools in Leuven to rent out their sports infrastructure to sports clubs, so that the latter can use it after school hours, in the weekend and during school holidays. This is a win-win for everyone: the city pays the schools a 'rent' and a larger group of citizens gets the opportunity to practice sports. The sports hall of the 'UCLL', the swimming pool of the 'Sint-Pieterscollege', the sports hall of the school institutions 'V.T.I.', 'De Wijnpers' and 'Redingenhof', the sports hall and the swimming pool of the 'Heilig Hartinstituut Heverlee', and the indoor athletics hall of the KU Leuven are at the disposal of the different clubs after school hours.

EASILY ACCESSIBLE SPORTS INFRASTRUCTURE

It is essential for the sports clubs of Leuven that they can always rely on the city's **excellent infrastructure** to ensure their training sessions and games. But this guarantee is not the sole privilege of the organized sports. Every citizen of Leuven must be given the opportunity to practice sports and be physically active. **The 'movement ribbon' that connects the movement benches spread across town,** is a perfect example to demonstrate what is meant by 'accessible infrastructure'. This concept did not go unnoticed by other cities. To encourage the people of Leuven to exercise, the city has pop-up infrastructure installed all over town. Residents and visitors can try out several sports disciplines. And if they get the taste of it, they can always join one of the many sports clubs of Leuven.

In 2023, there will be another 'Finnish track' for runners along the canal 'De Vaart'. This kind of track is designed to absorb as much as possible the impact of running on the muscles. For this reason, it is ideal for beginners or runners who suffer easily injuries. The roller skaters will get a brand-new track in 2024. Who knows? It might reveal the next Bart Swings, the world champion inline speed skater who lives in Leuven.

The yearly organized call for project 'vibrant city' will certainly bring new ideas for additional, easily accessible sports infrastructure.

BALL SPORTS HALL AND BEACH HALL

Today, elite athletes can already enjoy the city's state-of-the-art sports infrastructure. And there will be more to come in the near future. One of these projects concern an entirely **new ball sports** hall that will be built in Heverlee. This multi-purpose hall with five units, will be mainly dedicated to ball sports, but it will also include infrastructure for inline skaters and/or fencers.

In addition, the city will finish the **new top-level sports hall** for badminton and table tennis on the premises of the sports school 'Redingenhof'. The sports hall 'Rijschool' will be entirely renovated.

At the beginning of 2021, the KU Leuven will inaugurate its **new beach hall**, an indoor sports hall for beach volleyball and, over time, other beach sports, such as beach football, which is becoming increasingly popular. The city also intends to rent out this facility during a number of hours per week, so that other sports clubs can also make use of it.



SPORT INFRASTRUCTURE SCHOOLS

School	Type	Facilities	Surface area	Hours/week
De Wijnpers	Indoor	Big sports hall	899m ²	54 h
Heilig Hartinstituut Heverlee	Indoor	Big sports hall Gym Swimming pool Large football field	1,500m ² 250m ² 308m ² 6,996m ²	25 h / hall swimming pool: 12 h football: 16 h
KU Leuven	Indoor	Athletics hall	1,255m ²	5.5 h
K.A. Redingenhof	Indoor	Big sports hall Small sports hall	1,248m ² 624m ²	65.5 h / hall
Sint-Pieterscollege Leuven	Indoor	Swimming pool	133m ²	10 h
V.T.I. Leuven	Indoor	2 Big sports halls	2 x 464m ² (928m ²)	78h
UC Leuven-Limburg	Indoor	Big sports hall Gym Dance hall	1,584m ² 384m ² 384m ²	29.5 h
UC Leuven-Limburg	Outdoor	3 beach volley courts	770m ²	48.5 h School holidays: 91 h

ACCESSIBILITY 'SPORTOASE' WILSELE-PUTKAPEL

After more than 40 years true and loyal services, the municipal swimming pool in Wilsele was completely outdated. After careful consideration, the city decided not to renovate it, but to build an entirely new swimming pool, next to the existing one. In this way, the people of Leuven, the schools and the clubs could continue to make use of their beloved swimming pool while the new one was being constructed.

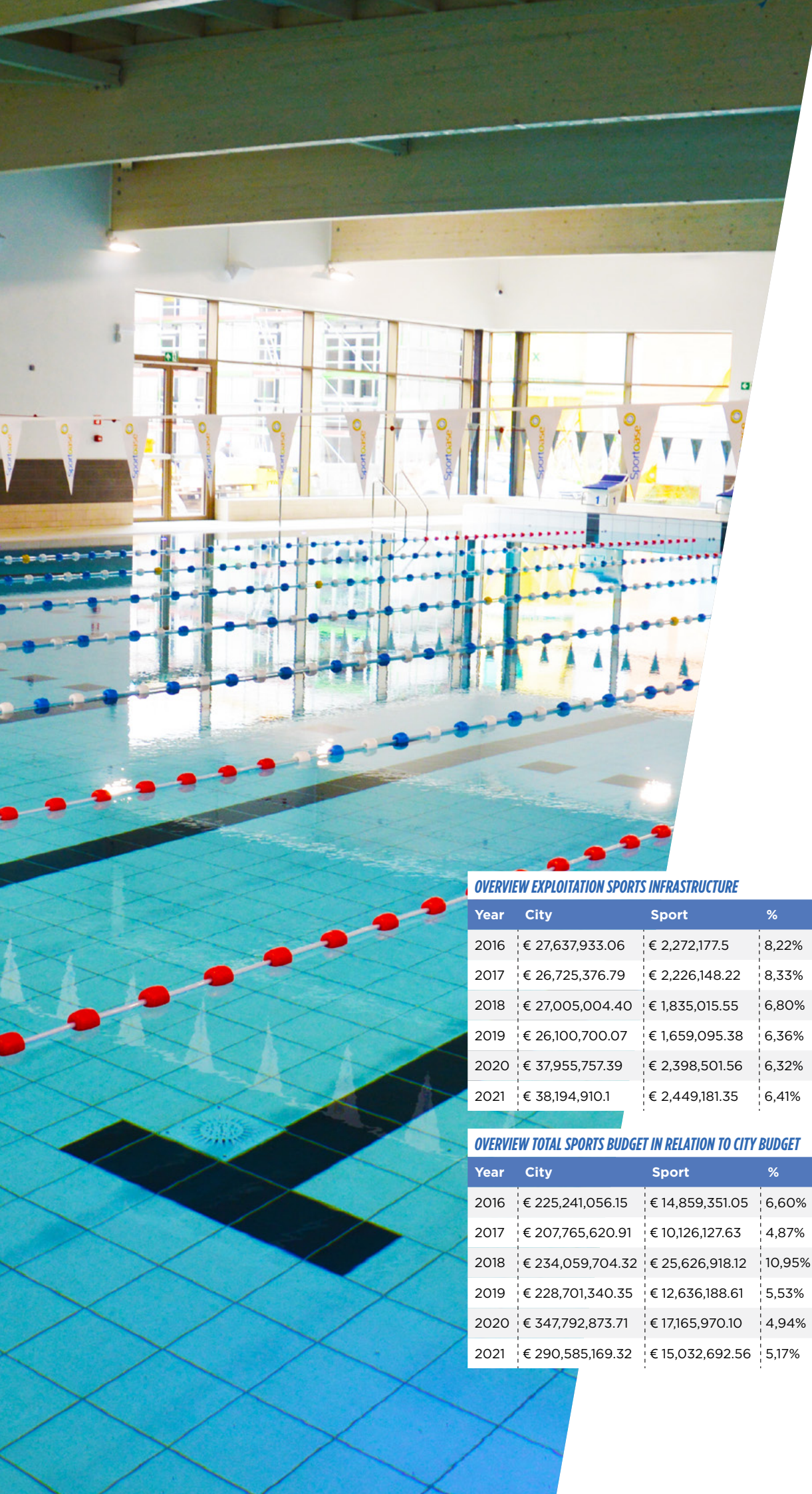
The new complex not only includes a **25-meter 8 lane swimming pool** (3 lanes more than the former one), but also an instruction pool with adjustable floor, a toddler pool with water slide, fountains and two heated benches, a Finnish sauna and a steam bath. In addition, the complex also contains a sports hall with an area of 700 m² and retractable seating, and a smaller space with an area of 100 m² for groups sessions such as Pilates or Zumba. After exercising or playing/watching the game, the sports people, athletes, fans and supporters find their way to the cafeteria/brasserie, while the young people can gather in youth club 'Lavado' that is also housed in the new complex. The city consulted the users of the swimming pool who could have a say in the layout of the swimming pool and co-determine the number of lanes, the size of the instruction pool, ...

The accessibility of the **new swimming pool and sports complex** was one of the major issues that had to be dealt with during the construction. The complex will attract a large number of extremely diverse user groups that all have other needs and requirements. The project designers had to take all these considerations into account. So, they integrated slopes, elevators, automatic doors and adapted sanitary facilities into their plans. But accessibility does not only mean easy physical access, but also user comfort and communication for deaf/hearing or blind/visually impaired users.

And last but not least, the new swimming pool complex is also a **model of sustainability**. The architects used as much as possible sustainable building materials. Solar panels on the roof supply green energy to the complex, a state-of-the-art filter installation recycles a large volume of the rinse water, the rainwater is recovered and reused, heat exchangers reuse the heat of the air and the water.

OVERVIEW SPORTS-RELATED INVESTMENTS

Year	City	Sport	%
2016	€ 52,213,396.08	€ 6,096,014.32	11,68%
2017	€ 30,510,673.77	€ 1,433,247.35	4,70%
2018	€ 66,331,102.18	€ 16,755,461.46	25,26%
2019	€ 40,501,921.35	€ 2,666,167.09	6,58%
2020	€ 105,270,219.06	€ 35,58,375.9	3,38%
2021	€ 59,962,736.1	€ 2,360,225	3,94%



OVERVIEW EXPLOITATION SPORTS INFRASTRUCTURE

Year	City	Sport	%
2016	€ 27,637,933.06	€ 2,272,177.5	8,22%
2017	€ 26,725,376.79	€ 2,226,148.22	8,33%
2018	€ 27,005,004.40	€ 1,835,015.55	6,80%
2019	€ 26,100,700.07	€ 1,659,095.38	6,36%
2020	€ 37,955,757.39	€ 2,398,501.56	6,32%
2021	€ 38,194,910.1	€ 2,449,181.35	6,41%

OVERVIEW TOTAL SPORTS BUDGET IN RELATION TO CITY BUDGET

Year	City	Sport	%
2016	€ 225,241,056.15	€ 14,859,351.05	6,60%
2017	€ 207,765,620.91	€ 10,126,127.63	4,87%
2018	€ 234,059,704.32	€ 25,626,918.12	10,95%
2019	€ 228,701,340.35	€ 12,636,188.61	5,53%
2020	€ 347,792,873.71	€ 17,165,970.10	4,94%
2021	€ 290,585,169.32	€ 15,032,692.56	5,17%

SPORT HALL 'STELPLAATS'

The available space in the city is limited. This implies that the search for new sports infrastructure sites requires a lot of creativity and ingenuity. The city started looking for vacant buildings in Leuven and its sub-municipalities that could serve as sports facility. The new sports hall 'Stelplaats' is a perfect example of this innovative approach. **The carwash of the former depot of the public transport company 'De Lijn' is today a multifunctional sports hall.** It houses an indoor skatepark and three sports activities addressing three different target groups.

The main building of the former depot had already been converted and adapted in a most creative way. From a bicycle repair shop and a carpenter workshop to a night club ... young, experimental entrepreneurs were given free rein to transform the building. But it became too small, and **the need for sports infrastructure was high.** It is within this context that the city started thinking about the carwash. Today, it houses 'Fightclub Leuven' (kickboxing), 'Open Gym' (power and strength training) and 'Buurtsport Leuven'. The three of them together use the new sports hall on a permanent basis.

The social dimension of sports is extremely important within the context of the former carwash. The kickbox training sessions of 'Fightclub Leuven' are an excellent alternative activity for young people who are hanging about out of sheer boredom. By exercising, they do not only get rid of their excess energy, they also learn the importance of self-control, which is an important aspect of kickboxing. When you foolishly run into the fight, you will not last very long when competing in the ring.

'Buurtsport' focusses on softer activities and provides yoga and spinning classes. The club targets people who are difficult to reach and who find less easily the way to the existing infrastructure and activities. In this way, the former carwash/new sports hall has not only become a new hot spot, **it opens up a completely new world for a given group of citizens.**

OLYMPIC SWIMMING POOL

And the icing on the cake will be ... the new 50-meters swimming pool. Swimming is a very popular sport in Leuven and the city always wished to have an Olympic-size swimming pool. But a swimming pool that size is not easy to integrate into the public space. So, the city recently launched a site and program survey to make its wish come true.

CYCLING ON THE TRACK OF THE MILITARY DOMAIN

In the near future, cycling-lovers will be allowed to ride laps on the army's cycling track on **one Sunday a month.** Many citizens of Leuven know this track very well, as it is used for the annual cyclocross. But very soon, they too will have access to the track and be able to use it in safe conditions. The Cycling federation of Flemish Brabant is already using the track.

HOCKEY CLUB 'KHC LEUVEN'

'Stade Chomé', the home base of hockey club 'KHC Leuven', is located on a military domain. The city has recently acquired this land and granted the club a long-lease over it. This is a first for Leuven.

The master plans of the sub-municipalities Heverlee and Kessel-Lo, as well as the 'Ymeriasite', should give the local sports clubs **the necessary assurance that they can continue to grow and flourish.**





***THERE ARE 105 PUBLIC SPORTS
AND PLAYGROUNDS IN LEUVEN***

LEUVEN EMBRACES THE BICYCLE

The city calls on every citizen to become a bike commuter. And this approach pays off. Figures show that 46.7% of the citizens of Leuven bike to work or school. Compared to other cities, Leuven ranks higher than any other regional capital. **31.8% of its inhabitants use their bike as the main mode of transport to travel within the city.** These are good results, but efforts still need to be made as the city is facing major mobility challenges in the next few years and has set itself high targets in terms of sustainable accessibility and climate neutrality.

The number of citizens, students and jobs has substantially increased and will continue to do so. The number of trips made follows this trend. However, the city's accessibility may not be put under pressure. To prevent this to happen, the number of trips by car must be reduced by 20% by 2030. But to achieve this goal, the number of trips made by bicycle or public transport need to be doubled. For this reason, the city of Leuven invests more than ever in cycling and has made **the bicycle the cornerstone of its urban mobility policy.**

The creation of a cycling route network should get more people cycling. In 2017, the city set out a vision for such a network within the scope of its cycling policy. It relies on two basic principles: the entire road network must be adapted to cycling; and most of the bicycle trips are made in streets carrying the lowest level of motor traffic. In this way, it becomes possible to disentangle the vehicle and bicycle flows. Through their design, local residential and neighbourhood streets are ideal for such bicycle trips. Streets carrying higher levels of bicycle and/or vehicle flows however will require segregated cycling infrastructure.

A HIERARCHICAL CYCLING ROUTE NETWORK

As cycling is gaining importance for making both local and regional trips, **this cycling route network is referred to as 'hierarchical'.** This notion implies a network that functions on two levels: the urban area and the residential area.

If you compare this cycling route network to the human body, the intercity cycle highways are the 'backbone' of the regional network. They consist of a non-stop main route of safe connections over longer distances. The re-conversion of the 'Martelarenlaan' into a cycle street and the cycling tunnel under the 'Tiensesteenweg' fit within this context.

If the cycle highways constitute the backbone, a grid of supralocal routes forms the rest of the skeleton. They connect the major attraction poles and play an important part at city level. These routes are designed in such a way that they are able to absorb large bicycle flows. The **'bicycle spiral'** at the railway station of Leuven, **linking Kessel-Lo with the inner city and connected to the cycle highway, is part of this supralocal network**

One level below, the 'arteries' constitute a fine-meshed network of cycling routes and connections, linking the supralocal routes and cycle highways to the residential areas. The city of Leuven takes benefit from several of its urban development projects to refine this bicycle and pedestrian network. The set-up of alternative, car-restricted cycling routes often requires circulation-related measures, as confirmed by the circulation plan developed for the inner city of Leuven: compared to 2016, the bicycle use has increased by 44% in 2019.

ADDITIONAL BICYCLE PARKING FACILITIES

Developing a cycling network is one thing; providing sufficient, well-placed bicycle parking facilities is another. 64.9% of the citizens of Leuven are not satisfied with the number of bike storage facilities. For this reason, the city wants to provide **5,000 extra bicycle parking spaces by creating additional public bike parking facilities and setting up a network of neighbourhood bicycle storage facilities.** The need for secure and user-focused bicycle storage facilities is growing, especially in residential neighbourhoods with a high concentration of townhouses or apartment buildings.

Besides these investments in bicycle infrastructure, the city also focuses on **promotion, communication, education and awareness raising campaigns.** To turn Leuven into a cycling city in the true sense of the word, the city has taken several initiatives. One of them consists in putting bicycles at the disposal of both its personnel and its citizens. The city personnel can make free use of the city bikes for work-related trips and citizens can rent a bike at several rental places at a very affordable price. If people have a problem with their bike during their ride, they can stop at one of the many bicycle workshops or at one of the bike repair stands where they can hang their bike to carry out some small repairs themselves. These stands are equipped with tools for basic repair such as screwdrivers and tire irons.

CYCLING FOR EVERYONE

But not all of the citizens of Leuven learned to ride a bike or know the traffic rules. For this reason, the city organizes bicycle classes for all ages in several of its neighborhoods. Families can also make use of the **'kid's bike subscription'**, a new service provided by 'VELOKadee'. It is a very convenient program that allows children to rent a bicycle, from a balance bike to a big one, and exchange it any time as they grow.

Every year, several larger cycling events take place in Leuven, both in and around the city. Bike lovers gather during professional cycling races such as the 'Brabantse Pijl' and the 'Grote Prijs Jef Scherens' to cheer their favorite riders on. Cyclotourists can put themselves to the test during the 'Brabantse Pijl Cyclo' or one of the many other bike tours. The numerous cycling clubs in the city and the cycling federation of the Province of Flemish-Brabant that is located in Leuven, contribute to organize these events and ensure that the Flemish cycling culture remains vivid in Leuven.



SELF-MANAGED INFRASTRUCTURE

Sports infrastructure	Type	Facilities	Surface area
Athletic arena 'Gaston Roelants'	Outdoor	Running track	400m running track 100m practice field = +/- 20,000m ²
Dance and ring sport hall 't Celestijntje'	Indoor	Boxing room Dance room	359m ² 445m ²
Youth football center 'Bruineveld'	Outdoor	5 large football fields 1 small practice field	6,000m ² (4 fields), 6,600m ² (KGV) 1,800m ²
Sports center 'Ymeria'	Indoor & outdoor	Big sports hall 3 large football fields 1 small football field	510m ² 6,000m ² , 4,500m ² , 4,950m ² 800m ²
Sports complex Kessel-Lo	Indoor	Big sports hall 3 small sports rooms Martial arts room Large swimming pool Instruction pool	1518m ² 168m ² , 144m ² , 70m ² 240m ² 375m ² 100m ²
Sports hall Heverlee	Indoor	Big sports hall Small sports hall	1,260m ² 120m ²
Sports hall Korbeek-Lo	Indoor	Big sports hall	364m ²
Sports hall 'Rijschool'	Indoor	Big sports hall	1,013m ²
Sports hall Wilsele-centrum	Indoor	Big sports hall Gym Archers' room Multi-purpose hall	792m ² 360m ² 135m ² 432m ²
Sports hall 'Sportschuur' Wilsele	Indoor	Big sports hall Small sports hall	1,008m ² 147m ²
Gym and sports hall 'Boudewijn' stadium	Indoor & outdoor	Elite sports gym hall Big sports hall 3 large football fields	980m ² 504m ² 6,996m ² , 6,336m ² , 4,950m ²
Chome's stadium - 3rd field	Outdoor	Multi-sports field	6,000m ²

INFRA. MANAGED BY 3RD PARTIES

Club	Type	Facilities	Surface area
FC Tabor	Outdoor	Football field	7,000m ²
Koninklijke Hockeyclub Leuven	Outdoor	2 hockey pitches	23,361m ²
Koninklijke Tennisclub Stade Leuven	Indoor & outdoor	9 tennis courts	8,500m ²
Korfbalclub Leuven	Outdoor	2 korfbal pitches	6,000m ²
OHL Oud-Heverlee Leuven	Outdoor	Football stadium	30,900m ²
Rugbyclub Leuven	Outdoor	2 rugby fields	15,420m ²
Tennisclub Iris	Indoor & outdoor	7 tennis courts	2,337m ²
Tennisclub Kelo	Outdoor	2 tennis courts	668m ²
Tennisclub Savio	Outdoor	2 tennis courts	668m ²
Turnkring Pro Patria Wijgmaal	Indoor	Big sports hall Small strenght training room	2,000m ²

PRIVATE PARTNERSHIPS

Infrastructure	Type	Facilities	Surface area
Heverleebos (partnership with the 'Nature & Forest Agency')	Outdoor	Fit-o-meter	
Heverleebos (partnership with the 'Nature & Forest Agency' and 'Sport Vlaanderen')	Outdoor	Permanent mountainbike trail	
Climbing hall 'De Stordeur'	Indoor	Big climbing wall Boulder hall Fun hall	1,005m ²² 229m ² 10 climbing walls
Sportoase Philipssite	Indoor	Big swimming pool Small swimming pool Instruction pool Arena sports hall 3 sports halls Squash courts Fitness	575m ² 50m ² 200m ² 1.920m ² 448m ² (PVZ), 490m ² (VSZ) & ??? ??? ???
Sportoase Wilsele-Putkapel	Indoor	Big swimming pool Instruction pool Sports hall Dance hall	413m ² 100m ²² 619m ² 100m ²
Sports hall 'Stelplaats'	Indoor	Martial arts room	250m ²

PRIVATE INFRASTRUCTURE

Bowling/snooker

Bowling Leuven
Bowlkings
Chaos Leuven Pool & Snooker
De Komma Pool & Snooker
Downtown Jack Pool & Snooker
Pool Fiction

Dance

Dance Action - Dance Loft
Danscentrum Aike Raes
Dansstudio Hilde Goyens
Dansstudio Zenit
Studio Zuid

Diving

Time To Dive

Fitness

Allfit
Basic-Fit (2)
Body&Vision®
City-Fit
Energym
Fitness Center Heverlee
Fit o'Sfeer
Hill fit
JIMS
Life Style Fitness

Multi sports

Provinciedomein Kessel-Lo
Universitair Sportcentrum KU Leuven

Ice-skating

IJsbaan Leuven

Sports med centers

Bakala Academy
GRIT Belgian Sports Clinic
Sportlab Leuven

Tennis/squash/padel

Lovanium Tennis & Squash Club
Sport- en Squashclub De Vaart
Tennisclub De Mol
Tennisclub Heidepark

Martial arts

Brazilian Jiu Jitsu Academy

INVESTMENTS IN SPORTS INFRASTRUCTURE 2017-2018-2019

'Boudewijn' stadium: running track, gym and football fields

980,000 euros

- Renovation of the running track and gym
- Purchasing of materials for the different works, maintenance machines, athletics equipment, gym equipment, container locker rooms for the football teams
 - Various types of maintenance machines and equipment
 - Athletics and gym equipment
- Installation of an artificial football turf

Youth football center 'Bruineveld'

800,000 euros

- Repair works
- -Installation of additional lighting
- Improvement of the power factor of the electrical installation
- Installation of an artificial football turf and small training field
- Purchasing of maintenance machines

Dance and ring sports hall 't Celestijntje'

200,000 euros

- Purchasing of boxing ring accessories
- Installation of the pillar and wall protection
- Adaptation of the automatic access control
- Renovation of the flat roofs and the skylights
- Installation of an acoustic ceiling in the waiting room

'Fit-o-meter'

31,000 euros

- Make-over of the 'fit-o-meter'

Heilig Hartinstituut Heverlee Sports hall and football field

36,000 euros

- Purchasing of wall-mount basket goals
- New LED sports field lighting

Sports hall 'Rijschool'

355,000 euros

- Repair of the cornice of the front facade
- Restoration of the front facade
- New sports floor

'Sportoase' Wilsele-Putkapel

15,000,000 euros

- Construction of a new swimming pool + part of the parking area

Sports complex Kessel-Lo

1,220,000 euros

- Renovation works swimming pool
- Installation of new lighting, and pillar and wall protection
- Repair works

Sports hall Heverlee

300,000 euros

- Repair works
- Renovation of the flat roofs
- Purchasing of maintenance machines

Sports hall Korbeek-Lo

210,000 euros

- Renovation of the flat roofs and the skylights
- Adaptation works of the lighting
- Installation of new emergency exits and interior doors

Sports hall Wilsele-centrum

105,000 euros

- Renovation works showers and flat roofs
- Purchasing of shot clocks
- Repair works

Sports hall 'Sportschuur'

45,000 euros

- Renovation works

Sports hall 'Stelplaats'

68,000 euros

- Renovation of the 'carwash' of the former depot of the public transport company 'De Lijn' and conversion of this space into a neighbourhood sports hall.

Indoor climbing hall 'De Stordeur'

500,000 euros

- Construction of a new climbing hall

Tennis courts 'Tennisclub KeLo'

50,000 euros

- Renovation of the boards

Stadium 'Van Hove'

145,000 euros

- Repair/renovation of the water-based hockey pitches and conversion of the latter into korfbal pitches
- Line marking of the pitches

Sports hall 'Ymeria'

380,000 euros

- Renovation of the flat roofs
- Purchasing of maintenance machines
- Purchasing of container locker rooms
- Purchasing of metal frames for the advertising panels
- Surfacing of the parking area and the bicycle parking
- Installation of new lamps in the lighting poles



EVENT CALENDAR 2017-2019

January	2017	2018	2019
World Men's Handball Championship - Qualifier Belgium - Greece		x	
World Men's Handball Championship - Qualifier Belgium - Turkey		x	
Youth award of the City of Leuven - fencing		x	x
Flemish inline skating championship		x	
February	2017	2018	2019
Soudal Cyclo-cross	x	x	x
Sprint kayak	x	x	
Descent racing kayak	x	x	
Provincial acrobatic gymnastics preliminary round	x	x	
Neighbourhood football tournament		x	
Gripped climbing festival		x	
Flemish indoor inline skating championship - 3rd round			x
Hiking trip 'WSP Heverlee'			x
Belgian indoor frisbee championship			x
March	2017	2018	2019
Champions' celebration	x	x	x
Golden Dragon Cup	x	x	x
Flemish solo ice dance championship	x		
Neighbourhood football tournament	x		x
European Football Championship - Qualifier Belgium - Malta (U21)	x		
Belgian indoor frisbee championship		x	
Mini league frisbee		x	x
European Football Championship - Qualifier Belgium - Hungary (U21)		x	
Gripped climbing festival			x
Provincial acrobatic gymnastics preliminary round			x
April	2017	2018	2019
Provincial girls' gymnastics preliminary round	x	x	
Belgian frisbee championship	x		
Tofsport' sports camps - Easter holiday	x	x	x
Cycling race 'Brabantse Pijl'	x	x	x
Cycling race 'Brabantse Pijl Cyclo'	x	x	x
Belgian Handball Cup finals	x	x	x
Outdoor play day	x	x	x
Cyclo-tourists trip 'Leuven Sportief'	x	x	x
Levensloop' run	x		
Cyclo-tourists trip 'Gambrinusronde'	x	x	x
Flemish show dance championship	x		
Women's Friendlies football game Belgium - Scotland	x		
BuurtSport' sports camps - Easter holiday	x		x
Panna tournament 'Hoogland'		x	x
Panna tournament 'Casablanca'		x	x
Panna tournament 'Sint-Maartensdal'		x	x
Panna tournament 'De Bruul'		x	x
What's Up?!		x	
Women's World Cup football - Qualifier Belgium - Portugal		x	
European Men's Handball Championship - Qualifier Belgium - Switzerland			x
BAR-CODE Movement Day			x

May	2017	2018	2019
European Men's Handball Championship - Qualifier Belgium - Lithuania	x		
City of Leuven Figure Skating Cup	x		x
Engie street heroes street football	x		
Jumping Wijnmaal	x	x	
Belgian road inline skating championship	x		
Loven Boven' March	x	x	x
Blue Tigers' Spring Tournament	x		
Play-offs hockey	x		
Triathlon Leuven	x	x	x
Golf initiation for seniors	x	x	x
Move It		x	x
Play-offs hockey youth		x	
Ladies Only' - judo Ilse Heylen		x	
Levensloop' run		x	x
Belgian B-skaters championship			x
Flemish Girls' Gymnastics Championship			x
Belgian disco, jazz, modern, show and street dance Championship			x
June	2017	2018	2019
Whitsun inline skating races	x		x
European Men's Handball Championship - Qualifier Belgium - Norway	x		
Hockeyrockers youth tournament	x	x	x
Women's Friendlies football game Belgium - Japan	x		
European Men's Handball Championship - Qualifier Belgium - Serbia			x
Ethias Tour + Youth tennis tournament			x
Women's Friendlies football game Belgium - Thailand			x
July	2017	2018	2019
Tofsport' sports camps - Summer holiday	x	x	x
Roller parade	x	x	x
Mountain bike tour 'De Biekes'	x	x	x
Holiday trip	x	x	x
Leuven Beach volley	x	x	x
Buurtspport Zomert' event	x	x	x
Buurtspport' sports camps	x	x	x
Aquafun	x	x	x
Demonstration and initiation wheel chair tennis			x
Flanders 25 - International wheel chair tennis tournament			x

August	2017	2018	2019
Tofsport' sports camps - Summer holiday	x	x	x
Grand Prix Golf seniors "Loven Boven"	x	x	x
Summer record attempt swimming	x	x	x
Flanders 25 - International wheel chair tennis tournament	x	x	
Grand Prix 'Jef Scherens Cyclo'	x	x	
Meeting for Mon'	x	x	x
Grand Prix 'Jef Scherens'	x		
Tofsport' night event - Leuven Night Run & vaulting gala	x	x	x
Buurtsport Zomert' event	x	x	x
Buurtsport' sports camps	x	x	x
Aquafun	x	x	x
Roller parade		x	x
Slow-pitch and bee ball initiation and tournament		x	x
Women's Friendlies football game Belgium - England		x	
September	2017	2018	2019
Vlierbeekriders cycling tour	x	x	x
Belgian Circuit - open tennis tournament	x		
Leuven Beweegt' event	x	x	x
Mountain bike tour 'De Zoenk'	x		
Yonex Belgian International'	x	x	x
Vaartchallenge'	x	x	x
Belgian dodgeball championship	x		
Schools' cross-country event	x	x	x
Women's World Cup football - Qualifier Belgium - Moldavia	x		
European Football Championship - Qualifier Belgium - Turkey (U21)	x		
Grand Prix 'Jef Scherens'		x	x
Leuven Women's Handball Trophy		x	
Lampiris Leuven Nature Trail		x	x
Whitsun inline skating races		x	
Women's World Cup football - Qualifier Belgium - Italy		x	
Women's European Football Championship - Qualifier Belgium - Croatia			x
Youth chess tournament			x
Hiking trip 'Omloop van het Dijleland'			x
European Football Championship - Qualifier Belgium - Bosnia-Herzegovina (U21)			x
October	2017	2018	2019
King and prince of Belgium - archery	x	x	x
Grand Prix City of Leuven saber - international	x	x	x
Loop zonder Dope' run	x	x	
International Pirouette Skating	x	x	x
Lafortune' Award - archery	x	x	
World Men's Handball Championship - Qualifier Belgium - Holland	x		
Cross-country 'DCLA'	x	x	
Women's World Cup football - Qualifier Belgium - Romania	x		
Neighbourhood football tournament	x		
European Football Championship - Qualifier Belgium - Sweden (U21)	x		
Mountain bike tour 'De Zoenk'		x	
Bijt in je vrije tijd' event		x	x
European Men's Handball Championship - Qualifier Belgium - Croatia		x	
Women's World Cup football - Qualifier Belgium- Switzerland		x	
European Football Championship - Qualifier Belgium - Moldavia (U21)			x

November	2017	2018	2019
Rolta Cup - international rink-hockey tournament	x	x	
Belgian Open karate	x		
International chess tournament 'Open Leuven'	x	x	x
National youth billiards tournament	x		
Swimming pool days	x	x	x
European Football Championship - Qualifier Belgium - Cyprus (U21)	x		
Bijt in je vrije tijd' event		x	x
Belgian solo ice dance Championship		x	
Red en Black Dragon' March		x	
Cross-country 'DCLA'			x
European Men's Handball Championship - Qualifier Belgium - Lithuania			x
Open Sanda Cup			x
Women's European Championship Football - Qualifier Belgium - Lithuania			x
Lampiris Leuven Nature Trail			x
December	2017	2018	2019
City walk	x	x	x
Schools' Christmas run	x	x	x
Winter walk	x		
Eindejaarscorrida' run	x	x	x
Judo clinic		x	
Warmathon'		x	x
Kerstcup handball		x	
Swimming competition 'De laatste kans'		x	x
BDO Haasrode Leuven - CSKA Sofia (CEV Volleyball Challenge Cup)		x	
BDO Haasrode Leuven - Hapoel Yoav (CEV Volleyball Challenge Cup)		x	
BDO Haasrode Leuven - Tokat Belediyesi Plevne Volleyball (CEV Volleyball Challenge Cup)			x
Ongoing (Buurtsport) activities	2017	2018	2019
Center league indoor football (adults)	x	x	x
Back therapy 'Bewegen op Verwijzing' (adults)	x	x	x
Training session 'fit-o-city' (all ages)	x	x	x
Ladies-only swimming (adults)	x	x	x
Aerobics (adults)	x	x	x
Omnisport (young adults)	x	x	x
Training Homeless Cup (adults)	x	x	x
Ladies-only aerobics (adults)	x	x	x
Aerobics for seniors			x
Capoeira (children and parents)	x	x	x
S.T.A.R-competition indoor football (youth)	x		
S.T.A.R. sports initiation (OKAN youth)	x	x	x
Tai Chi (adults)	x	x	x
Yoga (adults)	x	x	
Omnisport (adults)	x	x	x
Fun Fit (adults)	x	x	x
Hiking (adults)	x		
Ladies-only kickboxing (18+)		x	x
Relaxation (adults)		x	x
Ladies-only self-defense (18+)		x	x
Fit in de natuur'			x
Revaqua - rehabilitation aquagym			x
Student sports	x	x	x

EVENT CALENDAR 2020-2021*

January	2020	2021
Youth award of the City of Leuven - fencing	x	x
February	2020	2021
Soudal Cyclo-cross	x	
Neighbourhood football tournament	x	x
Hiking trip 'WSP Heverlee'	x	x
Belgian karate championship	x	
BDO Haasrode Leuven - Penzügyör Budapest (CEV Volleyball Challenge Cup)	x	
Skiing trip 'Landgraaf SNS-pas'		x
Aikido day		x
Riksjia trips health care centers		x
March	2020	2021
Champions' celebration	x	x
Golden Dragon Cup	x	x
Neighbourhood football tournament		x
Mini league frisbee		x
Yonex BJMC Brons'	x	x
Recreational acrogym contest	x	x
Panther school cup basketball	x	
LIZO Friendly swimming competition in Leuven		x
Stravarace'		
April	2020	2021
Tofsport' sports camps - Easter holiday	x	x
Cycling race 'Brabantse Pijl'	x	x
Cycling race 'Brabantse Pijl Cyclo'	x	x
Outdoor play day	x	x
Cyclo-tourists trip 'Leuven Sportief'	x	x
Cyclo-tourists trip 'Gambrinusronde'	x	x
BuurtSport' sports camps - Easter holiday	x	x
Panna tournament 'Hoogland'	x	x
Panna tournament 'Casablanc'a	x	x
Panna tournament 'Sint-Maartensdal'	x	x
Panna tournament 'De Bruul'	x	x
Leuven orientations series 2020 (1)	x	x
Women's European Football Championship - Qualifier Belgium - Switzerland	x	
Belgian wushu championship	x	x
Street hockey	x	x
Gripped climbing festival	x	x
Leuven orientation series 2020 (2)	x	x
Street & wheelie races		x

May	2020	2021
City of Leuven Figure Skating Cup	x	x
March 'Loven Boven'	x	x
Triathlon Leuven	x	x
Golf initiation for seniors	x	x
Move It	x	x
Levensloop' run	x	x
Flemish Girls' Gymnastics Championship	x	
Leuven orientation series 2020 (3)	x	x
BAR-CODE Movement Day	x	x
World record attempt 'trekbikes'		x
Belgian dodgeball championship		x
Belgian frisbee championship		x
City sprint orientation		x
Sporty Just Dance - dance schools tournament		x
Flemish Girls' and Boys' Gymnastics Championship		x
Belgian cheerleading championship		x
Dancenation		x
Memoride		x
June	2020	2021
Whitsun inline skating races	x	x
Hockeyrockers youth tournament	x	x
Ethias Tour + youth tennis tournament	x	x
Vlierbeekriders Classic	x	x
Belgian inline skating marathon championship - long distance	x	
Leuven orientation series 2020 (4)	x	x
Basketball tournament twin cities + All Star Game		x
Parathletes tournament		x
Bicycle rollers race		x
Cycling quizz		x
Memoride		x

*calendar drawn up before the coronavirus outbreak

July	2020	2021
Tofsport' sports camps - Summer holiday	x	x
Roller parade	x	x
Mountain bike tour 'De Biekes'	x	x
Holiday trip	x	x
Leuven Beach volley	x	x
Buurtsport Zomert' event	x	x
Buurtsport' sports camps	x	x
Aquafun	x	x
Demonstration and initiation wheel chair tennis	x	x
Flanders 25 - International wheel chair tennis tournament	x	x
Meeting for Mon'	x	x
Recreational cycling trip 'VBCC'		x
Belgian athletics championship (subject to change)		x
Opening cycling agility track 'Woudlucht'		x
Memoride		x
Guided tours 'Cycling history of Leuven'		x
August	2020	2021
Tofsport' sports camps - Summer holiday	x	x
Grand Prix Golf seniors "Loven Boven"	x	x
Grand Prix 'Jef Scherens Cyclo'	x	x
Grand Prix 'Jef Scherens Cyclo'	x	
Tofsport' night event - Leuven Night Run & vaulting gala	x	x
Buurtsport Zomert' event	x	x
Buurtsport' sports camps	x	x
Aquafun	x	x
Roller parade	x	x
World mountain bike championship - eliminator	x	x
Four nations tournament 3-cushion		x
Summer youth football tournament		x
World championship cycling on home trainers		x
Memoride		x
Training course 'Wielrennen is meer dan fietsen'		x

September	2020	2021
Leuven Beweegt' event	x	x
Mountain bike tour 'De Zoenk'		x
Yonex Belgian International'	x	
Schools' cross-country event	x	x
Youth chess tournament	x	x
Hiking trip 'Omloop van het Dijleland'	x	x
Women's European Football Championship - Qualifier Belgium - Romania	x	
Leuven orientation series 2020 (5)	x	x
Table tennis tournament		x
Road Cycling World Championship - city of arrival in line races		x
Gala event 100th edition Road Cycling World Championship		x
Exhibition '100 years of cycling'		x
World championship cycling on home trainers		x
World championship balance bike for kids		x
Velokadee'		x
Memoride'		x
UCI congress		x
UCI junior congress		x
Innovation hub Road Cycling World Championship		x
HEPA' congress		x
October	2020	2021
King and prince of Belgium - archery	x	x
Grand Prix City of Leuven saber - international	x	x
International Pirouette Skating	x	x
Mountain bike tour 'De Zoenk'	x	x
Bijt in je vrije tijd' event	x	x
Leuven orientation series 2020 (6)	x	x
Belgian Open Sanda Cup		x
Hakko Denshin Ryu Taikai		x
Table tennis tournament		x
Belgian orienteering championship (subject to change)		x
Celebration origins of karate		x

November	2020	2021
International chess tournament 'Open Leuven'	x	x
Swimming pool days	x	x
Bijt in je vrije tijd' event	x	x
Cross-country 'DCLA'	x	x
Lampiris Leuven Nature Trail	x	x
Table tennis tournament		x
Rectavit Cyclocross	x	x
Neighbourhood football tournament	x	x
December	2020	2021
City walk	x	x
Schools' Christmas run	x	x
Winter walk	x	x
Eindejaarscorrida' run	x	x
Swimming competition 'De laatste kans'	x	x
Table tennis tournament		x
Pop-up Sporty-ice rink		x
Ongoing (Buurtsport) activities	2020	2021
Center league indoor football (adults)	x	x
Back therapy 'Bewegen op Verwijzing' (adults)	x	x
Training session 'fit-o-city' (all ages)	x	x
Ladies-only swimming (adults)	x	x
Aerobics (adults)	x	x
Omnisport (young adults)	x	x
Training Homeless Cup (adults)	x	x
Ladies-only aerobics (adults)	x	x
Aerobics for seniors	x	x
S.T.A.R. sports initiation (OKAN youth)	x	x
Tai Chi (adults)	x	x
Omnisport (adults)	x	x
Fun Fit (adults)	x	x
Ladies-only kickboxing (18+)	x	x
Relaxation (adults)	x	x
Ladies-only self-defense (18+)	x	x
Fit in de natuur'	x	x
Revaqua - rehabilitation aquagym	x	x
Student sports	x	x
Cycling course 'Buurtsport'		x
Multi-sports tournament sports clubs		x
Exercising actions 'Kom op voor je wijk'		x
Bicycle repair and engraving		x
Information sessions Road Cycling World Championship		x





COMMUNICATION PLAN

Leuven will be very proud to wear the title of 'European City of Sport 2021'. In 2021, we want to get all our citizens, visitors, sports clubs and stakeholders involved in this project through catchy and motivational communication. To achieve this goal, we will be using a mix of online and offline communication channels, both earned and paid.

The 'European City of Sport' label, designed for an historical 2021, will be the central concept of this communication. This label will appear all over the city: on street banners and beach flags, in and around the sports facilities, on digital info screens. The label will also be an eye-catcher at all the sports events and activities. The title 'European City of Sport' will be very much alive in Leuven!

In 2021, we want to motivate the citizens of Leuven, more than ever, to be physically active in a healthy way. Through storytelling in the city magazine LVN and movies on social media, we will encourage our fellow-citizens and visitors to (re)discover the city's sports offer. By doing so, we show young and old people the way to an active and healthy life style.

OVERVIEW OF THE COMMUNICATION CHANNELS

Online communication

- Social media
- Video content
- Newsletters
- Web page

Offline communication

- Press conference
- Press releases
- Local media
- Digital info screens
- Brochure
- Posters & flyers
- Integration of the 'City of Sport' label on printed communication
- Beach flags
- Banners
- Roll-up banners
- Street banners
- Stickers/murals in the city streets
- Gadgets
- The sports clubs' teamwear





42 'SPORTS' ACTION ITEMS 2020-2025

COMMUNICATION - PROVISION OF GENERAL SERVICES

1. Spreading clear, simple, target-group specific, full and updated information about 'Tofsport'.
2. Digitizing the 'Tofsport' website and keeping it up-to-date in order to spread the information in a transparent and clear way to the citizens of Leuven.
3. Making use of the social media to allow individual sports people to practice sports with other fellow-citizens.
4. Maximizing the use of communication channels such as the 'UiTatabank', the city magazine LVN, media screens, the city's websites, ...
5. Promoting the use of the 'Tofsport' forum and making it better known.
6. Creating and spreading targeted printed communication: posters, flyers, program booklets, invitations, banners, ...
7. Promoting and presenting the sports offer according to the target-group (young people, seniors, non-Dutch speaking persons, parathletes)
8. Setting up and providing services through the 'Tofsport' desk.

PROMOTION OF SPORTS

9. Providing a sports offer in the city center and the neighbourhoods for all ages. Paying special attention to new (forms of) sports and/or alternative/accessible manners of practicing sports.
10. Supporting the movement school/multimove project to enable more children and youngsters to be physically active in an accessible and responsible way.
11. Providing a senior-specific sports offer.
12. Striving to offer health-improving sports and physical activities to people who struggle to make ends meet, by setting up cooperation between clubs, the public social welfare center OCMW, the 'sports voucher' system and the 'UiTPAS'.
13. Promoting adapted sports activities for people with disabilities.

SUPPORT TO SPORTS CLUBS

9. Identifying the needs of the sports clubs with the help of the sports club promotor.
10. Supporting the clubs to roll out a recreative sports offer.
11. Encouraging the creation of clubs focusing on further development and growth.
12. Providing support to the in-house volunteer policies of sports clubs.
13. Encouraging cooperation between sports clubs.
14. Encouraging sports clubs to set up cooperation with schools.
15. Increasing allowances to enable sports clubs to run their club in an efficient way.
16. Supporting the city's sports council and the optimization of its functioning.
17. Supporting and encouraging the citizens of Leuven to participate in policy making, with special focus on people who, for many different reasons such as origins, age ... are less inclined to participate in this process.
18. Investing in users' meetings.
19. Boosting both in-house and external cooperation.

SPORTS WITHIN THE CITY'S OWN ORGANIZATION

20. Further developing sports in the work place.
21. Investing in training, education, support and guidance of the city's personnel.
22. Developing the in-house cooperation between the city's own management team and other departments and management teams.
23. Expanding the network outside the city's in-house organization.
24. Setting up an efficient management structure in which every staff member is perfectly informed of his/her tasks and duties and has the necessary skills and means to perform his/her assignment in a satisfactory manner.



SPORTS INFRASTRUCTURE

30. Setting up a sustainable sports infrastructure policy.
31. Investing in the optimal functioning of the sports infrastructure.
32. Carrying out a needs analysis and determining locations to set up sports-specific (neighbourhood) infrastructure.
33. Masterplan sports complex Kessel-Lo.
34. Masterplan sports complex Ymeria/Wilsele - Wijgmaal.
35. Masterplan sports complex Heverlee.
36. Masterplan sports complex Leuven-Centrum.
37. Encouraging sports clubs to carry out renovation and building projects with special focus on the creation of sports infrastructure clusters, while taking in account the field of tensions between multifunctional and sports-specific infrastructures.
38. Investigating the rehabilitation opportunities of vacant buildings in Leuven and its submunicipalities.
39. Systematically introducing sports in the city's new urban development areas.
40. Making optimal use of the existing sports infrastructure, including the available facilities in schools.

SPORTS PROMOTION TO CREATE AN EXPERIENCE/BUILD A STRONG CITY IMAGE

41. Supporting carefully selected, high-profile elite sports events that are worthwhile.
42. Promoting the elite sports platform of the city of Leuven.

ACTION ITEMS LINKED WITH SDG'S

1. No poverty

Action items 1, 3, 12, 32 en 38

2. Zero hunger

No action items

3. Good Health and Well-being

Action items 3, 7, 10, 12, 13, 15, 17, 20, 24, 25, 30, 31, 32, 33, 34, 35, 36, 38, 40

4. Quality Education

Action items 3, 4, 12, 13, 16, 19, 20, 24, 26, 35, 36,

5. Gender Equality

Action items 8, 9, 12, 16

6. Clean Water and Sanitation

Action items 32, 33, 36, 38

7. Affordable and Clean Energy

Action items 30, 32, 36, 38

8. Decent Work and Economic Growth

Action items 8, 17, 25, 29, 30, 32, 41

9. Industry, innovation and infrastructure

Action items 9, 19, 23, 35, 36, 37, 40

10. Reduced inequality

Action items 2, 4, 7, 8, 9, 10, 13, 14, 16, 18, 21, 22, 26, 40

11. Sustainable cities and communities

Action items 35, 36, 39, 41

12. Responsible consumption and production

Action items 5, 6

13. Climate action

Action items 6, 32, 34

14. Life below water

No action items

15. Life on land

Action items 34

16. Peace, justice and strong institutions

Action items 1, 7, 8, 9, 14, 16, 17, 22, 24, 27, 29

17. Partnerships to achieve the goals

Action items 1, 4, 5, 10, 12, 13, 15, 18, 19, 21, 23, 24, 25, 28, 30, 34, 36, 37, 41, 42







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Professor Van Overstraetenplein 1, 3000 Leuven
➤ www.leuven.be