



European
Commission

#BEACTIVE
EUROPEAN WEEK OF SPORT

HIGHLIGHTS 2022



ec.europa.eu/sport/week



European Capitals And Cities of Sport Federation (ACES)

More than 1075 Events in 10 European Countries; multi-sport activities, for everyone, where inclusion was the central pivot of the many scheduled events.

This is the Aces Europe European Week of Sport, with the participation of more than 200,000 people!

Appointments of great appeal for professional sport have shared the stage with activities open to all citizens, in particular schools and students. In Italy, the most active country, partnerships such as the one with Decathlon have made it possible to reach more than 40 schools and engage 9,000 students, from primary school to high school.

A digital Agenda of Events, shared with the National Bodies of many ACES countries, made it possible to communicate the planned activity in detail. The absolute protagonists of the communication activity were the Social Networks of ACES Europe, of the ACES National Delegations, of the Cities that obtained the recognition of Capital | City | Town | Community | European Region of Sport and finally of the local Sports Associations that organised the events.

All sports were involved, with particular attention to outdoor sports such as biking, running, gym, trekking, allowing a showcase for many disciplines, even minor ones. The declared objective is to attract young and old people to play sports, not to give up sporting activity or to resume motor activity after a prolonged stop - and after the forced stop caused by the Covid-19 pandemic, with obvious benefits for health and the National Healthcare System.

The objective of pursuing a Healthy Lifestyle combines perfectly with the primary objective of ACES Europe: the increase in the rate of sporting practice. Sport for all, more often, 365 days a year.

During the European Week of Sport, the increase in activities dedicated to disability and inclusion was exponential, perfectly in line with ACES Europe's objectives.

#BeActive all year long!



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“ An unforgettable European Week of Sport in many ACES Europe cities! An extraordinary participation, which reminds us how important sporting activity is to feel good physically and psychologically, especially for people in difficulties or with disabilities. Involving, inspiring, trying once, a hundred, a thousand times, being together: sport is inclusion and makes the impossible possible. #BeActive all year long!!

Moreno Pesce
Paralympic Athlete
(Italy)