WORLD SPORTS GAMES 2015
LIGNANO is ready

Sports for Elderly
Sharing ideas across borders

International Workers and Amateurs in Sports Confederation
Sport is a fascinating social phenomenon in society. Sport is seen to play an important role as a promoter for peace and social integration in different geographical, cultural and political contexts. Has sport prevented conflicts and tensions? The answer is no, because it is not sport that can do so; it is us, writes Dr. Marion Keim, Professor at the University of the Western Cape and an Advocate of the High Court of South Africa. Worker sport movements are a part of the above mentioned social phenomenon. This Festschrift book describes the 100 years development, the current state and the future international sports partnerships of the International Workers and Amateurs in Sports Confederation (CSIT). It also predicts that women might be the future of sport.

This book tells us how and why the world organization having more than 208 million registered clients and members in 44 member organizations from 34 countries has grown to a player in sport for all movement in Europe, Americas, Africa and Far East.

This book is a necessary read not only for the members of the CSIT but also for everyone interested in the multidimensional functions of sport in society.

"SPORT, PEACE AND DEVELOPMENT - INTERNATIONAL WORKER SPORT, 1913 – 2013"
Editor Olin Kalevi
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Dear sport friends,

the intermediate year 2014 has been used for intense preparations of the 4th edition of the CSIT World Sports Games to be held in the City of Lignano in northern Italy. Organizer AICS and President Bruno Molea have already given a taste of these Games to the international delegates during the 36th CSIT Congress in October 2014. An impression on how he and his enthusiastic team of LIGNOC are preparing this Mega event was spread and we all went back with the satisfied feeling of having chosen the right organizer at the right time. Let’s keep motivated to contribute to another big success for thousands of amateur and workers athletes from all parts of the world.

The 37th CSIT Congress to be held in Cancun – Mexico in autumn 2015 will set the grounds for the coming period until 2019. 2015 will be an election year. The full members of CSIT will decide upon the future leadership and I invite you all to delegate committed candidates for a responsible position in the new Executive Committee. I am ready to guide this team during a third period of development and success, if the Congress supports a continuation of my work. The reorganization and restructuring process started in 2008 is constantly making the Confederation fit for the future. Our vision of becoming a major organization in the worldwide Sport for All Movement through visible actions and events is already becoming reality. Our mission and values are more than ever necessary tools to improve a healthy lifestyle of the individual in a world full of conflicts and economic crisis. Sport and physical activity is the best medicine worldwide; and it is free!

A healthy and successful year to all of you, these are my cordial wishes for 2015!

Harald Bauer
President
LIGNANO is ready FOR THE CSIT WORLD SPORTS GAMES 2015

by Valeria Gherardini

LIGNANO SABBIA DORO (UDINE, ITALY) IS GOING TO HOST THE 4TH EDITION OF THE CSIT WORLD SPORTS GAMES (WSG) NEXT JUNE: A PROGRAM WITH A LOT OF NEWS. THE JOURNEY TOWARDS THE WSG 2015, WHICH WILL BE HELD FROM THE 7TH TO THE 14TH OF JUNE 2015, GOES AHEAD WITH "SPREAD SAILS"!
From the successful awarding of the WSG 2015 to AICS (Associazione Italiana Cultura Sport) with Lignano as host city in March 2014, the Italian management structure started to get this project off the ground to be ready for this international major sport for all event.

56 DIFFERENT SPORTS ACTIVITIES

Just a few figures are illustrating the dimension of the WSG and the organizational capacity of AICS. The official invitation, recently published on the CSIT webpage www.csit.tv and on the official games website www.wsg2015.com, offers all international guests the participation in championship of 56 different sports.

18 official and 9 non-official CSIT sports championships, 12 physical and sport activities addressed specifically to elderly people 55+ and 17 new and demonstrative sports activities. Among others three international federations will organize their official championships within the framework of CSIT: Wheel Gymnastics Federation – IRV, International Dragon Boat Federation – IDBF and International American Football Association – IFAF.

Last October, 150 CSIT delegates from all over the world, together with the international technical sports commission and the Italian technical commissions, participated at the CSIT Congress in Lignano Sabbiadoro in order to discuss the program of the WSG 2015. AICS President Bruno Molea together with Sports Director Ciro Turco and the organizing committee (LIGNOC) presented the vision and the general concept of WSG 2015 in showing e.g. innovative ICT technologies and organizational matters.

LIGNANO – THE PERFECT PLACE

Host union AICS is planning lots of side events for the games 2015. Lignano is internationally known as “Sports City” and is the ideal place for adults, families and youth. Besides sports the huge CSIT family will be able to participate in workshops for youngsters, international conferences, nighttime social activities and animation as well as nightlife in one of the biggest summer holiday resorts on the Adriatic coast in Italy.

The WSG 2015 will be organized to transform Lignano Sabbiadoro into that specific “Sports City” for a whole week: the sport village GETUR together with the beaches and other key-places of Lignano will be one big heart of sports and cultural events. The accreditation center will represent not only an information point for all participants, but it will also host the famous “Casa Italia”.

During the WSG 2015 CSIT and AICS offer all international guests the participation in 56 different sports activities.
“CASA ITALIA” – THE HEART OF HOSPITALITY

Since many years Italy is running the famous “Casa Italia” at big sports events like the FIFA World Cup, UEFA European Football Championships or Olympic Games. For the first time in history the Casa Italia will also be opened at the CSIT World Sports Games 2015 in Lignano as communication center and heart of the Games. “Casa Italia” is a multi-functional center for promotion of all activities during the WSG according to the important value of sport and a perspective for what sport stands in Italy - a driver of the Italian culture.

“Casa Italia” will be the place where international conferences and workshops will be staged: special calls for proposals will be opened to involve all CSIT Unions to participate at these events, furthermore meeting- and information point, exhibition hall, starting point for excursions and touristic activities, transport office, rental office for cars, bikes and gourmet temple; the place for tasting local products and informative events on touristic packages and itineraries to discover the region Friuli – Venezia – Giulia.

AICS wants to invite all participants to a “360 degrees-experience”, aimed at promoting the perception of all territorial excellences: not only the sport village and the sports facilities, but also the nightlife events and all kind of typical and tradition-driven products and experiences.

JOIN CSIT AND WSG 2015 ON FACEBOOK - ALL NEW

Besides the new website www.wsg2015.com AICS introduces to the CSIT Congress in Lignano the new logo of the CSIT
World Sports Games in the colours of CSIT and the new registration and information system on a modern technical basis with QR-Code. The Code is placed on the new designed personal accreditation cards and provides access to all information about the WSG and its side events. Also new is the social media framework with its own Facebook platform “CSIT World Sports Games 2015”. Sign in, like in and join CSIT!

An innovation, which was announced during the CSIT Congress in October, was the Social Platform and the specific WSG-App: a tailor made social platform – designed by AICS – will enable the online accreditation at the event and will allow every participant to get just-in-time information about championships, rankings and results of the competitions. All participants will have the opportunity to use this new App for free with their own smart phone (Blackberry, Android, iPhone) or renting one at “Casa Italia”.

The computerized technology will allow managing efficiently all WSG activities and facilitate the organizational matters related to competitions, referees and all visitors during the whole week. Such organization needs obviously the commitment of everybody: AICS is now working on the set up of a group of volunteers coming from all over Italy, who will give their contribution during this one-week event, according to the CSIT perspective of sport as driver of friendship.

Lignano is ready, stay tuned!
THE 36TH CSIT CONGRESS WAS HELD IN HOTEL GREIF IN LIGNANO-SABBIADORO A WONDERFUL PLACE AT THE ADRIATIC COAST IN NORTHERN ITALY AND HOST CITY OF THE NEXT CSIT WORLD SPORTS GAMES 2015 (WSG).

The Italian host AICS President Bruno Molea and the mayor of Lignano Luca Fanotto welcomed almost 150 representatives from all over the world.

CSIT WORLD SPORTS GAMES 2015 – START OF A NEW CENTURY

The Organizing Committee of Lignano 2015 (LIGNOC) and its cooperation partner in all IT matters NESEA srl. informed about the actual status and the progress of the WSG preparations. A groundbreaking new online WSG’s social and registration platform was introduced that is similar to the Olympic Games (IOC). In order to rejuvenation the CSIT and the World Sports Games new and innovative sports have been introduced too like You.Fo, Wackitball or Beachtennis. Further information can be found in the magazine.

FUTURE CSIT WORLD SPORTS GAMES

For the CSIT World Sports Games 2017 two member organizations have applied to host the next edition of this major event. On the one hand the Latvian Trade Sport Association (LTSA) with the capital of Latvia Riga and on the other hand HAPOEL from Israel with Eilat a tourist place at the Red Sea. The awarding of the games will be made and finally announced – after an evaluation of the CSIT Working Group World Sports Games on both locations – within the framework of the next Executive Committee meeting in February 2015.

PROFESSIONAL SOCIAL COMPETENCE INVENTORY (SOCo) ESPECIALLY FOR CSIT

Vice President Christian Vifian introduced a special offer to the CSIT community, in concrete terms a new and revolutionary “Social Competence – Test (SoCo)” for professional life specially developed by Nantys AG and the Business School WKS Bern in Switzerland. The SoCo is available in English, French, German and Chinese. Further information can be found at www.nantys.ch. A SoCo license at CSIT conditions can be ordered by Swiss CSIT member union SATUS via soco@satus.ch.
The Congress welcomed two new sports for all organizations. The Mongolian Association of Sport Amateurs (MASA) as well as the Indian Company Sports Federation (ICSF) received the CSIT Candidate Membership status. The CSIT is pleased about two new members joining our international movement. Further information about “how to become CSIT member” can be found on www.csit.tv.

COOPERATION PARTNERS

Special guest European Fair Play Movement (EFPM) Vice President, Olympic & World Champion in Gymnastics, Miroslav Cerar was invited to speak some words of greetings and simultaneously thanked in the name of EFPM President Christian Hinterberger for the excellent cooperation since 2010.

A new promising cooperation with the International Federation of Sports Chiropractic (FICS) has been introduced. Highly qualified doctors are proud to offer complementary sport chiropractic care to all competitors, coaches and judges during World Sports Games 2015.

Within the frame of the Congress CSIT President Harald Bauer and Vice President Ruedi Hug of the International Wheel Gymnastics Federation (IRV / Röhrnad) signed a cooperation agreement that includes also an extra cooperation concerning the World Sports Games 2015, where IRV is willing to organize IRV World Championships.

Future cooperations with Panathlon International (P.I.) as well as the International Federation of Beach Tennis (IFBT) are planned and actual in process. P.I. President Giacomo Santini and IFBT President Giandomenico Bellettini honored the CSIT movement with their presence in Lignano. Beach-Tennis is furthermore aimed to become an official CSIT sports besides other CSIT well-known beach sports as Beach-Volleyball and Beach-Wrestling.

WINTER SPORTS ACTIVITIES

The CSIT member union Bulgarian Workers Federation Sport & Health is willing to provide the CSIT community a new platform for Winter Sports Activities. President Desislava Yagodin proposes to organize a test run of an international CSIT Ski Festival in disciplines as ski, cross country, snowboard etc. in Borowets / Bulgaria by March 2016. In terms of success the Bulgarian colleagues will be able to organize this event every two years.

NEW GENERAL REGULATIONS FOR TECHNICAL COMMISSIONS & CHAMPIONSHIPS

Based on the fundamental decisions of the Congress 2011 and the statutes amendment 2013 the general regulations for the CSIT sports
commissions have been adapted after a sufficient time period of discussion and have been finally accepted by a large majority of the Congress.

**DECORATION AND HONORARY AWARDS**

The Executive Committee decided to present Isaac Ofek (HAPOEL) the Plaque of Merit in Gold for excellent services in the field of the international workers sports movement. Due to the absence of Mr. Ofek the decoration will be handed over to him personally within the frame of the next Executive Committee meeting at the end of February 2015 in Israel.

**CSIT CONGRESS 2015**

As decided by the Executive Committee future CSIT Congresses will be held annually in calendar week 42. Thus the next edition of the Congress will be an “Election – Congress” in Cancun / Mexico from October 12th – 18th, 2015.

Candidates – only from CSIT full member unions – for Executive Committee positions have to send a written candidature to the CSIT Office with official stamp and signature of the specific member union until summer 2015 (exact date to be confirmed). The CSIT Office is looking forward to receiving and simultaneously confirming the candidature.

Further actual information about CSIT, the World Sports Games, all partners and supporters can be found on www.csit.tv.

Miroslav Cerar (EFPM)  
Giacomo Santini (Panathlon)
Sports festivals of TUL have always been a big happening in Finland. It is not usual that the same city holds a series of competitions with thousands of athletes, coaches and tourists. But Seinäjoki held sports competitions in 30 events. The largest were soccer, wrestling, dancing and swimming. Seinäjoki is home city to 60,000 people, so the sports festival was clearly evident throughout the city.

Sports festivals have many traditions. It has always been important for TUL to gather people and not only to compete. Throughout the ages, the festival’s most prominent sporting event has been the main - and so again this year. For the first time in the history of TUL the main celebration was held inside in Seinäjoki Arena. The interior made it possible by sound and light effects in a different way than the outdoor stadium.

Celebration consisted of a variety of gymnastics and dance performance in which participants were trained in their own clubs. Programs of small children with their parents, different ages gymnasts, men and retirees…

TUL has always emphasized equality and tolerance, so there was also a dance show in a wheelchair seated.

**TUL Joy Games for young people**

Sports festival, in addition to TUL held this year in two big events for young people. TUL Joy Games will be held twice a year in February and October, his year in Helsinki and in Turku.

TUL Joy Games has four to eight sports. The dance is each time as in Turku in October. There was also futsal and cross-country running. Next February TUL Joy Games will be held in Jyväskylä and in the programs will be ice hockey, basketball, wrestling, weightlifting, table tennis, floor ball and dance.

TUL consists of 1,000 local sport clubs and connects over 280,000 people to sport activities. TUL is one of the largest and strongest voluntary social organizations in Finland. TUL was established in 1919 and it has organized sport festival Liittojuhla from the end of the 1920’ s. 100th birthday is in 2019. City and date are not yet decided.
VERDE AZZURRO

One of AICS main activities carried out in 2014 was the national annual event Verde Azzurro, which takes place every September along the coast of Emilia-Romagna, transforming the event’s days into the Reign of sport for all. The event gathers more than 4,000 athletes and people involved in sport venues of Cervia (Ravenna), Cesenatico (Forli e Cesena) and Misano Adriatico (Rimini). More than 350 competitions are taking place in the region, all free of entrance. Verde Azzurro 2014 was a memorial to the unforgettable Italian champion Pietro Mennea.

SPORTINFIORE

Among the most relevant National events promoted by AICS is Sportinfiore. A yearly sport festival, which takes place every June and gathers 3,500 athletes coming from all over Italy. The festival takes place in Rimini and Riccione involving their sports venues for the stage of the National AICS championships such as: swimming, football, basketball, volleyball, karate, rhythmic gymnastic and pétanque; the 2014 festival staged triathlon and waterpolo as new AICS championships.

Sportinfiore includes fun activities addressed to youngsters and children.
as well as education activities on sport and its values thanks to the involvement of educators and sport technical staff members who work together. The last edition represented a small-size-Olympic games as a “rehearsal activity” for AICS towards the organization and hosting of the next CSIT World Sports Games scheduled 7th to the 14th of June 2015 in Lignano Sabbiadoro (Udine).

**SOLID GARBAGE, URBAN GARBAGE**

AICS (Associazione Italiana Cultura Sport) was founded in 1962 as an organization aimed at promoting sport, recognized by CONI the Italian Olympic Committee.

AICS is not only sport. The Association is involved in organizing and staging cultural and social events and activities, among which the educational activities run in 32 jail houses represent relevant tools for prisoners education and probation. Among these events the show “Solid Garbage, Urban Garbage”, directed by Antonio Turco (Responsible of Social Policies Sector in AICS), was staged in 2014 into the Rebibbia Prison – Roma.

AICS activities regard also environmental issues: in 2014 the AICS National commission on environment promoted a campaign addressed to the street abandon of garbage, named “If you abandon it, you are the Garbage”. The aim is to promote responsibility of citizens and a civic sense to face the phenomenon of the garbage abandon into streets and parks. The campaign involved citizens asking them to take part to advertise pictures representing them with a garbage on a leash.
**UP AND DOWN MTB**

INATEL foundation has a historical connection to adventure sports. In this sense, INATEL intended to combine sports with a touristic interest in specific regions of the country and associate a MTB competition with INATEL foundation’s hotel offer as a way to foster synergies between different areas at INATEL, like Sports & Tourism/Hotels.

Up and Down MTB has been a hit! It took place from March until September, reaching high levels of participation thus contributing to bring dynamic to regions like Águeda, S. Pedro do Sul, Viseu, Mangualde, Vouzela, Tarouca and Caramulo, located in the northern part of the country.

**PIÓDÃO TRAIL RUNNING**

On March 29th the second edition of Piódão Trail Running took place with the background of Serra do Açor’s amazing trails. Although the weather wasn’t perfect, this edition gathered more than 500 participants that enrolled in either the Ultra Trail, Trail or the 15 km Walk. André Rodrigues was the man of the day and dominated the long distance Ultra Trail (50 km) in 5:04:24. In second place ended David Quelhas (5:11:34), third place for Rui Luz (5:22:10). Uwe Borsdorf (2:16:30) was the winner of the Trail (23 km) ahead of Joel Martins (2:25:12) and Fernando Carvalho (2:26:01).

**TEAM SPORTS FINAL**

The Team Sports Finals took place at Maia city, in the north of Portugal, on June 21st as part of the celebrations of Maia* European City of Sport. More than 500 athletes enthusiastically participated and the winners were: AA Águas Santas (Handball), CCD Matosinhos (Basketball men), CDCR dos CTT (Basketball women), CCD Pigeirense (Football), SL Fuzera (Futsal), Os Mochos (Volleyball men), Clube PT (Volleyball women).

**A JOURNEY AT THE PARK**

On July 5th and for a day long, children of all ages were given the chance to experience different sports as Rugby, Football, Canoeing, Judo, Hockey, among other activities, as well to get acquainted with each one of their favorite sports specificities and rules. A great day filled with laughter, fun and sports!

**MYTHIC RIDE ESTRELA**

On October 25th and 26th more than 100 cyclists faced 120 km full of challenge and adrenaline in the beautiful snow toped Serra da Estrela, located in the northern of Portugal and rich in mythical mountain bike crossings.

**ALBUFEIRA NIGHT TRAIL**

The annual Sports Program ended in the south of Portugal with the first edition of Albufeira Night Trail on December 13th. With the peculiarity of part of the race taking place during the evening, hundreds of participants had the opportunity to cover the tracks of Albufeira Municipality in one of two distances available: the long (47 km) and the short trail (20 km), while feeling the touch of Algarve’s soil and witnessing its wonderful sceneries.
INATEL foundation has a historical connection to adventure sports and a long tradition for Team Sport festivals. The Team Sport Finals 2014 took place at Maia city as part of the celebrations of Maia European City of Sport.
After many years of discussions, exercise will be coming to school physical education in 2015.

The Ministry of Education has adopted drafts of expert’s reports for amendments in the law which designate sports and exercise as an educational goal for the first time. In full-day school programmes, in the future there must be obligatory 5 units of “exercise and sports” which are to be distributed over all five school days if at all possible. The regular physical education and exercise hours as well as the units during leisure time care are to be calculated. In summary: In full-day school programmes this means: the “daily exercise unit” is becoming reality!

Sports established as an educational goal – daily unit of “exercise and sports” in full-day schools

It will also be required that there can be no cut-backs of physical education and exercise hours. “Physical education” may no longer be omitted. A new aspect is also that specialists from outside of the school can take over these exercise hours as an independent instructor or exercise coaches. For this purpose, different types of sports education will be credited. The Minister of Education will specify the qualification requirement by an ordinance. The federal states may use up to EUR 10 million from the federal government for these changes in educational day care.

The minister of sports is adding support for “Kinder gesund bewegen” (“healthy children through exercise”)

“Kinder gesund bewegen” is considered one of the largest and most successful sports/political projects of the past few years under which the Austrian multi sports umbrella organisations ASKÖ, ASVÖ and Sportunion have held poly-sport exercise hours in over 7800 kindergartens and elementary schools since 2008. The funds allocated for the project are in a range of approximately EUR 1.45 million annually.

The feedback from the kids, teachers, principals and the parents was so positive that the Austrian Minister...
of Sports Gerald Klug plans to invest up to an additional EUR 5 million per year in the project starting in 2015 (initially up to the end of the school year 2018/19) so that even more of the 29,000 groups and classes throughout Austria can benefit from this model for success. Also Austrian Single Sports Federations (e.g. Volleyball-, Badminton Federation) and their associated clubs can participate in the campaign.

The most important thing in "Kinder gesund bewegen" is the high quality of child care when providing child support. This means that every single offer must meet the criteria of the "Quality Seal Fit for Austria". The goal is not to strictly search for talent and a single orientation towards one type of sports, but rather the import motor skill characteristics through poly-sport and versatile exercise incentives. The top goal: to get as many children as possible interested and motivated to join a sports club.

ASKÖ President Hermann Krist, ASKÖ president since 2014 and SPÖ representative in the Austrian Parliament has been very pleased about the most recent developments, but at the same time also says: "These are the first steps in the right direction. We are still far from the goal of our efforts. Here you have to clearly recognise the positive goodwill shown by politicians and especially Education Minister Gabriele Heinisch-Hosek as well as the Minister of Sports Gerald Klug. That is because something is becoming possible now which was considered unconceivable for years. Due to the current financial shortfalls from the government, a lot has been successful and with a bit of goodwill, even more is still possible."

The president of the ASKÖ wants to wait and see whether it will be possible not to administer such a good project as "Kinder gesund bewegen" to death. "A whole lot of committed people worked on this project. People should not be held back from doing something meaningful and important by unnecessary administrative costs and over-reaching administration. Everything must be properly and transparently handled, there is not disputed, but it must remain feasible and doable - I absolutely demand that", states Hermann Krist.

Clearly we still have to take many more steps before sports and exercise are comprehensively and permanently part of the daily routine. In addition, the amendments to the law must also be adopted. That no longer seems to be an obstacle given the positive statements by the parties in parliament on the topic of school sports.

**Very Significant for ASKÖ**

By building up the "Kinder gesund bewegen" programme and the new opportunities associated with it, many more areas can be emphasised. More exercise instructors can hold even more units, further increase experience and know-how. The trained and qualified exercise instructors who are working in kindergartens and schools throughout Austria are getting the best feedback. In the past 4 years, ASKÖ has implemented 31,091 units in the kindergartens/elementary schools. Almost 70,000 units were held in collaboration with the other umbrella organisations. Of these, almost 25,000 were held in addition to the existing physical education instruction. This means that the unbelievable number of 2.05 million "exercise hours" has been held. And that is even before the aforementioned new actions go into effect.
The event was organized by Bulgarian Workers’ Federation “Sport and Health” and the Confederation of Independent Trade Unions in Bulgaria with the support of the Ministry of Youth and Sport. A total of 1500 participants from 22 countries took part in the Festival.

Teams from Mexico, Latvia, Romania, China, Russia, Kyrgyzstan, Kosovo, Israel, Serbia, Austria, Macedonia, Azerbaijan, France, Morocco, Hungary, Spain, Kazakhstan, Belarus, Algeria, Tunisia and Turkmenistan competed in 16 different disciplines – badminton, beach volleyball, beach wrestling, bowling, bridge, chess, darts, kettlebell lifting, mini football, pétanque, streetball, swimming, table tennis, tennis, tug of war and volleyball.

As mini football has always been the most attractive discipline in the Festival, for this year’s edition the organizers from BWF “Sport and Health” together with their friends “Atom-sport” decided to host an additional mini football tournament for Energy Workers.

Seven teams contested in the competition and after the final whistle “Atom-sport” were crowned as champions. NPP Kozloduy snatched the silver medals, “Kazatomprom” (Kazakhstan) placed third.

In the main mini football event of the Festival, the scenario was quite different and the “Atom-sport” team failed to come out the group. This year only teams from the Balkan stepped into the Top 3. In an All-Bulgarian final, M+S Hydraulic defeated Mini Maritza Iztok, while the Romanians from S.I.I. Energia grabbed the bronze.

There was a little movement in the final standings – NPP Kozloduy (101 pts) defended last year’s title, but “Atom-sport” moved up one place to the silver medals (68 pts) and China Workers’ Center for International Exchange took third place with 38 pts.

Meanwhile, Mini Maritza Iztok grabbed the CITUB Cup “Prof. Dr. Zhelyazko Hristov” with 78 points. Only the Bulgarian teams from the Festival, apart from the winner of the competition by nations, had the right to participate in the complex ranking for the CITUB Cup. Mini Maritza Iztok summed up a total of 101 points and succeeded in the title defense in the competition by nations of the 11th Workers’ Sports Festival with international participation.
was followed by Shumen Municipality (25 pts.) and Asarel Medet (24 pts.). The winners were awarded by Mr. Valentin Nikiforov, Vice-president of CITUB and Mrs. Desislava Yagodin – President of Bulgarian Workers’ Federation “Sport and Health”.

“We are very proud from the fact that for another year we have succeeded in organizing such a massive sports forum. For the first time we had participants from countries like Spain and Hungary, which means we are definitely working in the right direction”, commented Mrs. Yagodin.

Besides all the sports clashes, the team of BWF “Sport and Health” succeeded in one very important additional task – eight countries found the Balkan-Asian Association for Amateur Sport in Grand Hotel Varna.

Mr. Kostadin Parzulov, Honorary President of BWF “Sport and Health”, stands behind the idea and was elected as president of the newly founded Association.

The list of the members also includes Russia, Belarus, Kyrgyzstan, Romania, Macedonia, Serbia and Montenegro. The Association will synchronize the sports calendars of these countries and aims to host a final tournament every two years.

“I am very happy to be part of the first steps of such an important project. Through this association we have the chance to build new connections and develop amateur sport”, Mr. Parzulov commented.
More every time, sports and physical activities promoted by the Institute of Sports of the Workers (INDET) are consolidated in the labour sector of México, as an important social satisfaction that benefits the family nucleus, offering all the family a better welfare.

The evidence is the increase in the participation of our massive 18 events, plus championships in different sports, in national games and diverse activities of capacitacion, performed in México City as well as in the state capitals and the most important municipalities in all the country.

The mayor participation program is the National Games of Workers that takes place every year during several months in different eliminatorial stages. A little over 500 thousand workers participate in the meanwhile in the disciplines of chess, athletics, folkloric dancing, basketball, baseball, soccer, table tennis and volleyball.

The second program in importance of participation is the one that summons every week to massive events of physical activity festivals, in which for 2 hours the participants, integrated in many occasions by complete families, perform distance walking, recreative games, exercise sessions as well as zumba classes (exercises executed with different music rhythms).

One of the mayor values of the sports program of the workers is, that apart from the physical exercise, everybody has the opportunity to play, enjoy themselves and take part in a healthy coexistence with all the participants, something which is the worth to point out, considering the dynamics of modern life, lifestyle, stress and daily pressures.

More than successful was the development of the CSIT World Men Basketball Championship 2014 in October in Cancun/México with the participation of teams from Bulgaria, China, Italy, Israel, Latvia, as well as three local teams from México. The organizers from INDET in cooperation with CSIT have offered excellent conditions for the competition at "Kuchil Baxal Hall".

Former NBA player Horacio Llamas was the star of the CSIT Basketball Championship in Cancun. The 6 ft 11 center shined for the Ferrocarriles, the winner of the tournament. Generally the games were performed with a high technical level of all the teams who also enjoyed the splendid climate of Cancun, in the frame of great coexistence of all the sport participants.
SPORTS FOR ELDERLY
SHARING IDEAS ACROSS BORDERS

by Mikkel Bock Bonnesen, journalist DAI

FLOOR GYMNASTICS, GRANDMA VOLLEYBALL AND CIRCLE DANCE. THESE ARE JUST SOME OF THE ACTIVITIES THAT WERE SHARED WHEN THE SECOND SENIOR FORMATION COURSE WAS HELD IN DENMARK.
Seniors are a growing demographic group in the countries who are members of CSIT, and as such it is natural that the organizations put focus on activities suited for this target group. In Broendby, Denmark, 20 specialists from eight different countries spent September 17-19 sharing new ideas on activities for the elderly.

“It is important for CSIT to show that we do sports for everybody, also the seniors. I doubt that any other international sport federations share experiences with senior sports in this way, so it is quite unique,” said CSIT Vice-President Palle Thomsen, who also joined the course.

Many of the participants had also been part of the first Senior Formation Course held in Austria in 2012, which focused on the group of weak seniors. The idea was, that this time it should be something different so that everybody could take something new with them home and use in their country and organization. The theme in Denmark was activities for healthy elderly people.

“When we planned the course it was important that almost everybody could contribute with an activity, it makes it very vivid – that’s the scope, that we can exchange experiences and ideas”, said Palle Thomsen.

And the expectations to the course matched the planning quite well. Even though there were a lot of laughter and smiles during the three days all the participants came with one very important professional goal.

“The main purpose is to get new experiences and share ideas. I work every day with elderly people. They are happy to do new things that we don’t do every day”, said Anne-Lise Kooreman from UISP (Italy).

“Every time we meet there are totally new ideas. We pass the new ideas to people in Austria who are interested in senior sports,” said Uschi Mortinger from ASKÖ (Austria).

Participants from FROS (Belgium), UISP (Italy), TUL (Finland), ASKÖ (Austria), DAI (Denmark), HAPOEL (Israel), KALEV (Estonia) and FSGT (France) had all brought their own activities to teach the other group members. Instead of just talking about the activities everybody had to participate, so it was a very hands-on course.

“You can adapt the ideas to your own country. You can have younger or older groups with less or more problems but then you adjust the exercises. Some of the ideas we already have but by being here we can make them even better,” said Anne-Lise Kooreman.

There was a very positive feedback after the three days so we will probably see some new activities in the participating countries. From earlier courses, games as “krolf” and “cross boule” have spread to other countries because these sports are very suited for seniors.

“The whole concept that the CSIT management decided to have such a group, on how to work with seniors and keep them alive and healthy, is wonderful. The interest is big – it is growing, and it shows that the idea fits most of the countries. Governments are recognizing that if you keep elderly healthy it will cost much less money”, said Uschi Mortinger.

Some of the ideas that worked well on the course will be used at the World Sports Games 2015 in Lignano, Italy. As such it is not only about the seniors, the instructors could then also have the chance to instruct a larger group of athletes at the WSG.

The next senior course will probably be held in France in 2016.
Worker’s Sport of **IRAN**

by Ahmad Hosseinzadegan

**AMATEUR FEDERATION OF WORKER’S SPORT OF IRAN IS CURRENTLY ACTIVE IN 22 FIELDS OF SPORT. SINCE OCTOBER 2014 THE ORGANIZATION HOLDS PROVINCIAL AND NATIONAL IRANIAN WORKERS SPORT COMPETITIONS IN 20 FIELDS WITH MANY TEAMS AND PARTICIPANTS FROM ALL OVER THE COUNTRY.**

Not only in classical sports like Basketball, Taekwondo, Table Tennis, Cycling, Athletics, Judo, Football, Swimming, Gymnasium, Wrestling, Climbing, Volleyball, Badminton, Karate, Fitness, general exercise, Weightlifting, Handball, Chess, Fitness and Squash. Iranian Federation also organizes competitions in Pahlevani and Zoorkhaneh rituals as well as Rally Racing.

**PAHLEVANI AND ZOORKHANEH RITUALS**

Pahlevani and Zoorkhaneh rituals is the name for a traditional Iranian system of athletics. It combines martial arts, calisthenics, strength training and music. Recognized by UNESCO as among the world’s longest-running forms of such training, it fuses elements of pre-Islamic Persian culture (particularly Zoroastrianism, Mithraism and Gnosticism) with the spirituality of Shia Islam and Sufism. Practiced in a domed structure called the zurkhaneh, training sessions consist mainly of ritual gymnastic movements and climax with the core of combat practice, a form of submission-grappling called koshti pahlevani.

**SPORT AND CULTURAL OLYMPIAD OF IRANIAN WORKERS’ WILL BE HELD IN FEBRUARY 2015**

The top teams of the preliminary rounds, all in all around 2000 workers from all over the country, participate in the finals (February 2015 in Sari, northern city of Iran) in the Sport and Cultural Olympiad of Iranian workers.
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