

ACTION PLAN 2014

The general objective of the UBC Commission on Sport is to promote sport and sporting activities as tools for making the Baltic Sea Region more attractive and accessible as well as for increasing fitness, health and social integration of the Baltic Sea citizens.

Specific goals for 2014 are as follows:

- ✓ to promote physical activity as an important element of healthy lifestyle among all age groups;
- ✓ to promote sports events and sports exchange in and outside the Baltic Sea Region;
- ✓ to initiate co-operation with other international sports organizations within the Baltic Sea Region and create the Baltic Sport Network;
- ✓ to inform of sports events taking place in the member cities in the Baltic Cities Bulletin;
- ✓ to update the website of the Commission on Sport as an information source for the Commission members;
- ✓ to build a common platform of integration for the disabled and elderly people with the able-bodied by means of sporting activities;
- ✓ to exchange experience related to organization of various sports events in member cities;
- ✓ to increase the involvement of UBC member cities in actions promoting sport and healthy lifestyle on the national and international levels;
- ✓ to stimulate UBC member cities, especially those engaged in the works of UBC Commission on Sport, to formulate policies stressing the importance of sport and recommending physical activity at all stages of life;
- ✓ to organize 2014 annual meeting in Kaliningrad (Russian Federation).