

# Citizenship through Accessible Sport & Physical Activity

Sport and physical activity accessibility as a right, a route and a shared community responsibility (prevention)

**Accessible sport and physical activity is not a separate programme for a specific group.**

It is a way of organising community life so that everyone can take part, be seen, build relationships and contribute.

In the Sport Proeftuinen, sport and physical activity become a gateway to active citizenship: from access to belonging, from support to participation, and from individual needs to shared responsibility in the neighbourhood (prevention).

1

## RIGHT

Everyone has the right to participate

2

## ROUTE

Sport opens doors to social life

3

## VOICE

People help shape their community

4

## BELONGING

Participation becomes connection

*“When sport and physical activity become accessible, the neighbourhood becomes a place where people do not only participate — they belong, influence and contribute.”*

# The Whole Project is the Neighbourhood

## 12 Building Blocks of the Sport Proeftuinen

An inclusive, sustainable and future-proof approach where everyone can participate, grow and belong.

