

| *SPORTS AS VALUE*

# The report of the Sports as Value survey for Students

AUTHOR:

Sports as value project consortium

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Co-funded by  
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## “Sports as Value”

### The report of the Sports as Value survey for Students

**Albania:** 74 responses  
**Kosovo:** 54 responses  
**Bosnia and Hercegovina:** 56 responses  
**Montenegro:** 47 responses



## 1. Introduction

“Sports as Value” is a capacity-building project in the field of sport that will involve 9 partners from 8 countries from the EU and the Balkan region. This collaboration aims to build the capacity of sport clubs, organisations and federations to integrate positive values in sport practice at the grassroots level in a structured, dynamic and systematic way. In a region historically fragmented, deeply marked by the consequences of armed and violent conflicts and in the current context characterized by a military and humanitarian crisis at the EU’s door, such partnership contributes to the promotion of common European values, while building stronger communities and peaceful societies. In this context, Sport as Value serves as prevention and mitigation of existing and future conflicts by promoting EU values within the communities in and through sport. On the one hand, a value-based approach in sport has a positive impact in promoting an open and safe environment which favors individuals’ development. On the other hand, the effects that sport has on the promotion of positive values go beyond the sport field and contribute to the development of cohesive societies and stronger, fairer, peaceful and connected communities. “Sports as Value” addresses the needs of the sport organizations in the Balkan countries. Indeed, if they all recognise the profound connections between sport and values, they also acknowledge that existing programs mainly focus on competitive elite sport, and lack efficient monitoring and effective evaluation, thus having limited impact and sustainability. The project includes a research part to increase general knowledge and understanding of grassroots sport structures in the region while raising the capacity of sport managers, coaches, and volunteers through workshops. A joint action takes place in the 4 countries of Region 1, together with harmonized communication and cooperative management.

Capacity-building projects are international cooperation projects based on multilateral partnerships between organisations active in the field of sport in the Programme and third countries not associated with the Programme. They aim to support sport activities and policies in third countries not associated with the Programme as a vehicle to promote values as well as an educational tool to promote the personal and social development of individuals and build more cohesive communities.



## **OBJECTIVES OF THE ACTION**

The action will aim at:

- \* Raising the capacity of grassroots sport organisations.
- \* Encouraging the practice of sport and physical activity in Third countries not associated with the Programme.
- \* Promoting social inclusion through sport.
- \* Promoting positive values through sport (such as fair play, tolerance, team spirit).
- \* Fostering cooperation across different regions of the world through joint initiatives.

## **THEMATIC AREAS / SPECIFIC OBJECTIVES**

Proposals should focus on certain thematic areas defined at the programming stage. Examples of particularly relevant areas are:

- \* Promotion of common values, non-discrimination, and gender equality through sport.
- \* Development of skills (through sport) needed to improve the social involvement of disadvantaged groups (e.g. independence, leadership etc.).
- \* Integration of migrants.
- \* Post-conflict reconciliation.

## 2. Methodology

### 2.1 The principles followed to construct the survey.

The survey for students from Albania, Kosovo, Bosnia and Herzegovina, and Montenegro aims to gather insights on various aspects of grassroots sports, including respondents' perceptions, involvement, and opinions on inclusion initiatives. It is structured around several key principles:

1. Definition of Grassroots Sports: Assessing respondents' understanding and agreement with the definition of grassroots sports, to gauge their foundational knowledge.
2. Importance of Grassroots Sports Development Programs: Rating the significance of grassroots sports development programs on a scale from 1 to 5, to understand the perceived importance of such initiatives.
3. Involvement in Grassroots Projects: Inquiring about respondents' participation in grassroots projects, specifying the sport and the underrepresented group involved, if any.
4. Best Experience in Grassroots Inclusion Projects: If involved, identify the most satisfying grassroots inclusion project, including details such as the project name, federation, organization, and the sport involved.
5. Perception of Promotional Programs: Assessing respondents' perceptions of the fun and engagement level of promotional programs for grassroots sports, which could indicate the effectiveness of outreach efforts.
6. Need for More Projects: Soliciting opinions on whether more grassroots projects from national federations are necessary and whether they could significantly enhance the inclusion of underrepresented groups in sports.
7. Identification of Underrepresented Groups: Determining which groups of people respondents believe have the least opportunities to participate in sports or physical activities in their respective countries, shedding light on potential areas for targeted intervention and support.

Overall, the survey is designed to provide comprehensive insights into respondents' perspectives on grassroots sports, their involvement in related initiatives, and their opinions on strategies for enhancing inclusion and participation among underrepresented groups.

## 2.2 The selection of the target

A survey involving University students from Albania, Kosovo, Bosnia and Herzegovina, and Montenegro aims to gather data on their operations and challenges. This collaborative effort seeks to enhance understanding and cooperation among these entities, fostering development and cohesion within the broader sports community across the four countries.

## 2.3 The process and timing used to engage the respondents

It appears you're describing a data collection process that occurred over eight months, from June 2023 to January 2024. Typically, the process of engaging respondents and collecting data involves several steps:

**Planning:** This phase involves determining the objectives of the data collection, defining the target audience (respondents), selecting appropriate methodologies (e.g., surveys, interviews, observations), and designing the data collection instruments (questionnaires, interview guides, etc.).

**Engagement:** Engaging respondents could involve various methods depending on the nature of the study. This could include sending out surveys via email or postal mail, conducting face-to-face interviews, making phone calls, or utilizing online platforms. Ensuring effective communication and incentivizing participation may also be part of this phase.

**Data Collection:** This phase involves gathering the data from the respondents using the chosen methodologies. It's essential to ensure data quality and accuracy during this process.

**Data Processing:** Once the data is collected, it needs to be processed, which may involve cleaning, organizing, and coding the data for analysis.

**Analysis:** In this phase, the collected data is analysed to derive insights and conclusions. This could involve statistical analysis, qualitative coding, or other analytical techniques depending on the nature of the data and research questions.

**Reporting:** Finally, the findings of the analysis are compiled into a report or presentation format, which may include tables, charts, and narrative descriptions.

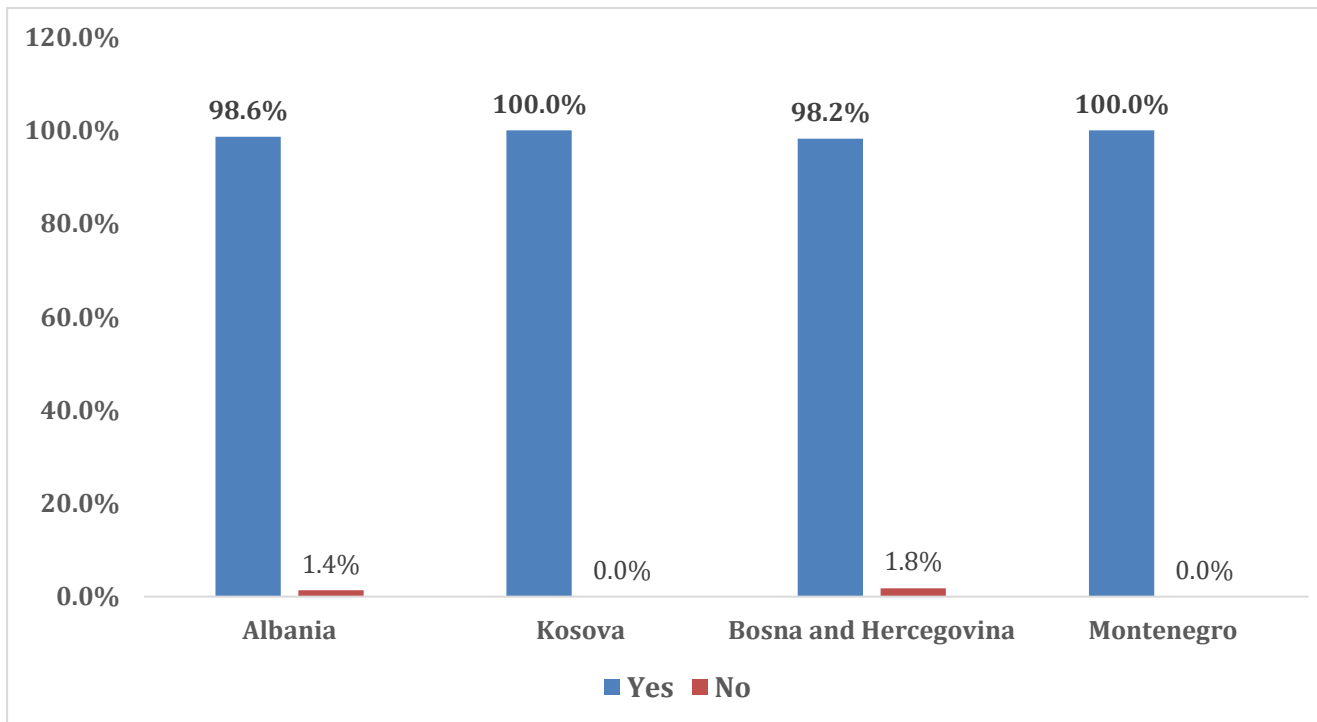
## 2.4 The statistics used to analyse the findings.

To carry out a coherent and reliable study, we conducted a research on the federations in four states: Kosovo, Albania, Bosnia and Herzegovina, and Montenegro. The primary data was collected through the distribution of electronic questionnaires via Google Forms to the federations of the four states. In Albania, 74 respondents participated in the survey, while in Kosovo there were 54, in Bosnia and Herzegovina 56, and in Montenegro 47 respondents. The method used to conduct this research is a comparative method among the four states. The open-ended responses have been analysed using Qualitative Analysis. This involves reading and categorizing the responses to identify common themes and motifs. They are then scrutinized deeply to understand the nuances and complex reasons behind the detected patterns and trends. Interpreting the results is a process that requires an in-depth understanding of the research context. Descriptive statistics are used to summarize and describe the main features of a dataset. Frequencies and percentages of responses to different questions or options are often presented in tables or charts to provide an overview of the data.

## 3. Results

Below, we present the results obtained from the analysis using the statistical package SPSS v.20, while the data (tables and graphs) are stored in Microsoft Excel. Additionally, these results have been specifically commented on with a commentary on the results and a supplementary comparison of the statistical reports derived from the analysis.

### 1. Do you agree with the definition above of grassroots sports?





### **Summary:**

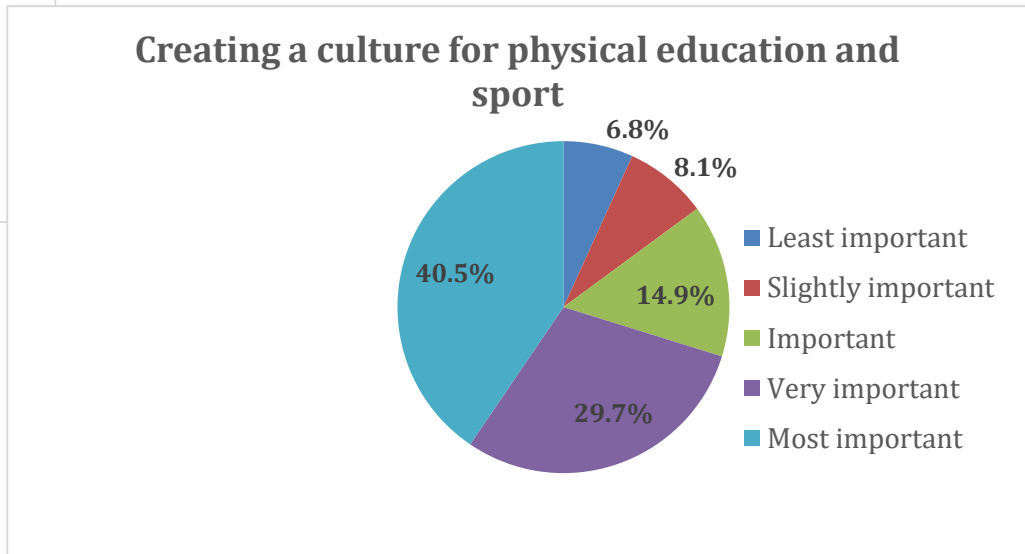
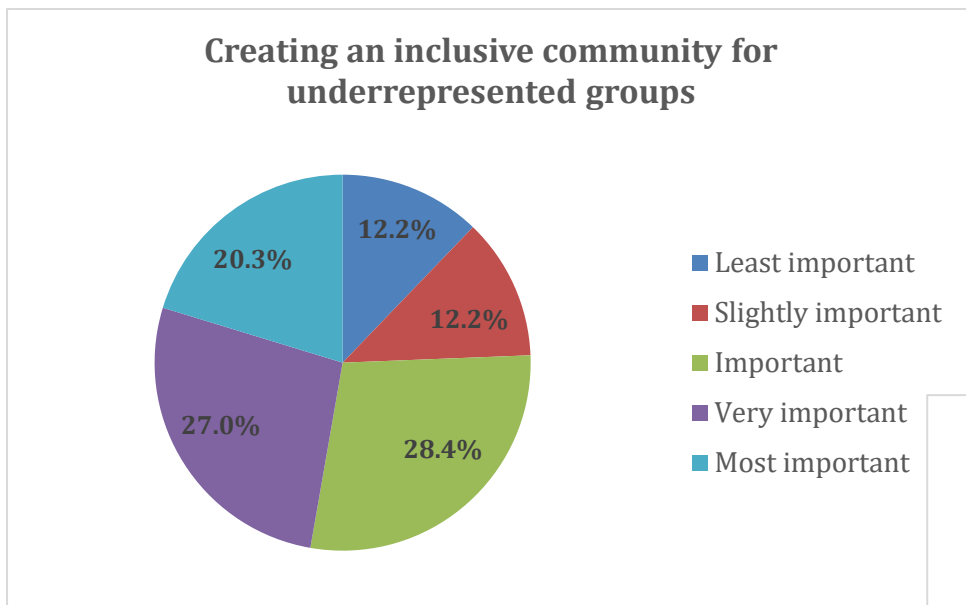
The responses from Albania, Kosovo, Bosnia and Herzegovina, and Montenegro unanimously support the definition of grassroots sports. However, 1.4% of respondents from Albania disagreed with the definition.

The dissenting Albanian response critiques the term 'people' for its perceived lack of inclusivity, suggesting that sports involve a diverse range of individuals who may not identify with this term. Additionally, the respondent highlights the multidimensional nature of sports, emphasizing their mental aspects alongside the physical. This critique underscores the importance of inclusivity and recognizing the holistic nature of sports experiences.

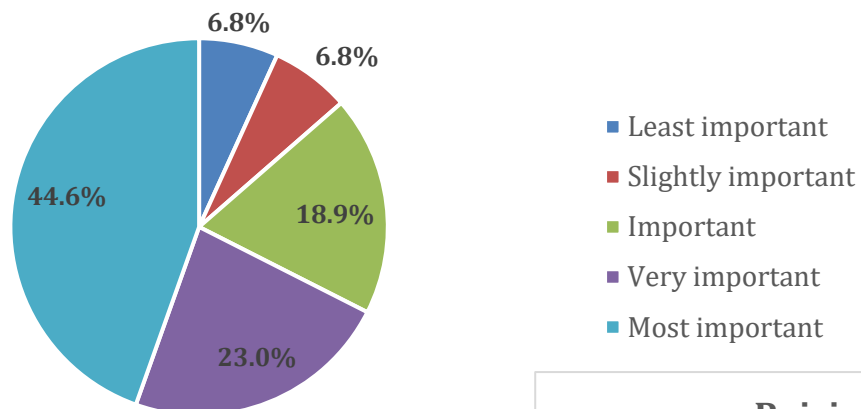
Overall, the majority agreement among respondents from these regions indicates a shared understanding and appreciation for grassroots sports. However, the dissenting opinion from Albania offers valuable insights into potential limitations within the definition, particularly regarding inclusivity and recognition of the mental aspects of sports. Addressing these concerns could lead to a more comprehensive understanding of grassroots sports in these communities.

## 2. What is the importance of having programs for the development of grassroots sports? (1-least important, 5-most important)

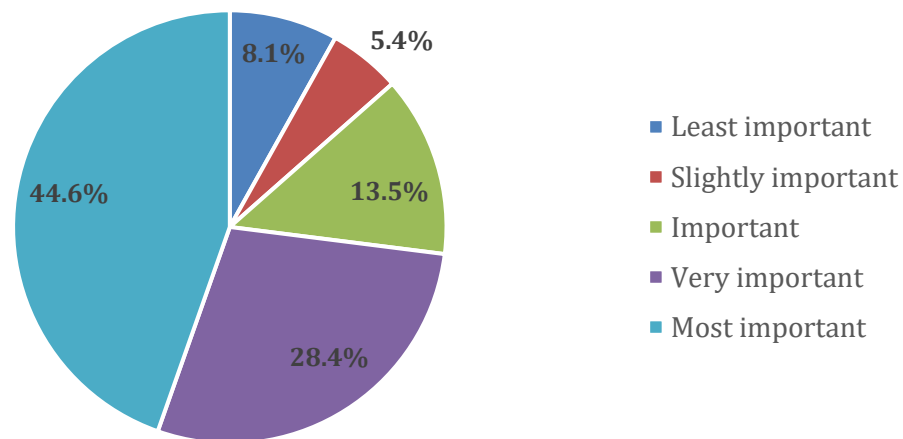
**ALBANIA** (responses from Albania)



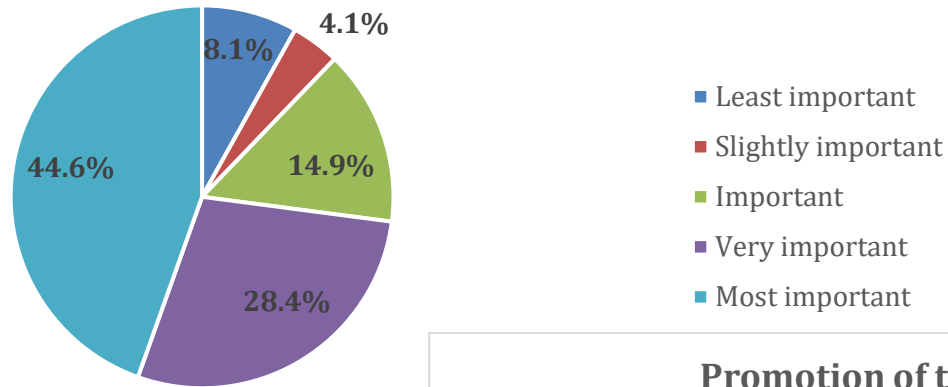
### Identifying young talent for different sports



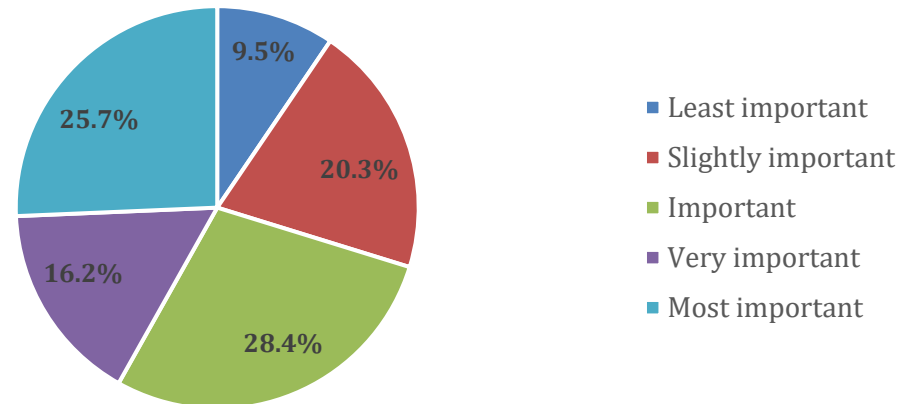
### Raising awareness of a healthy lifestyle



### Raising awareness of benefits achieved by physical activities



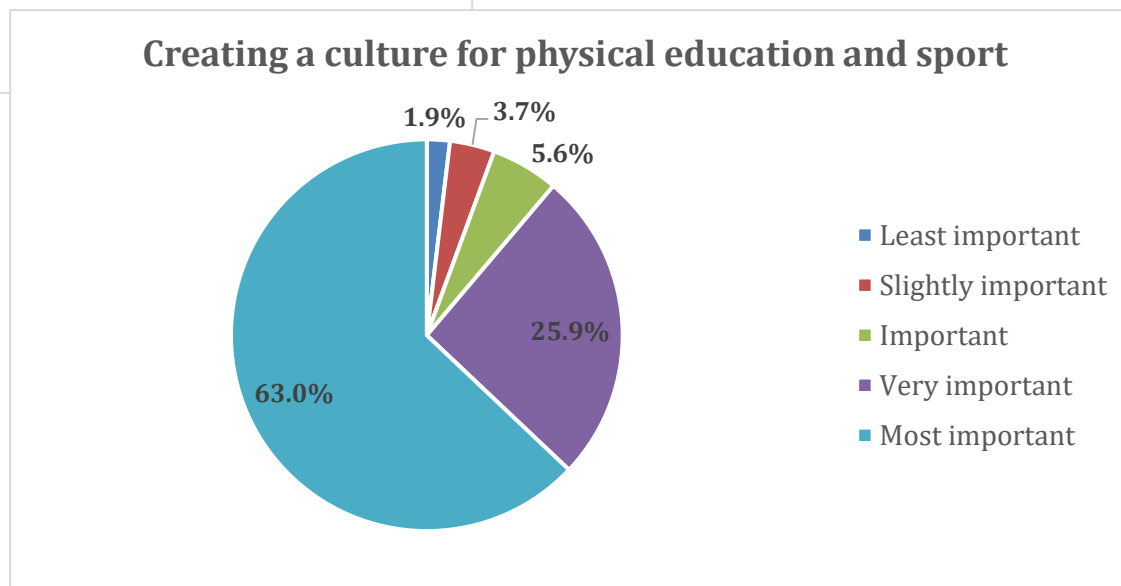
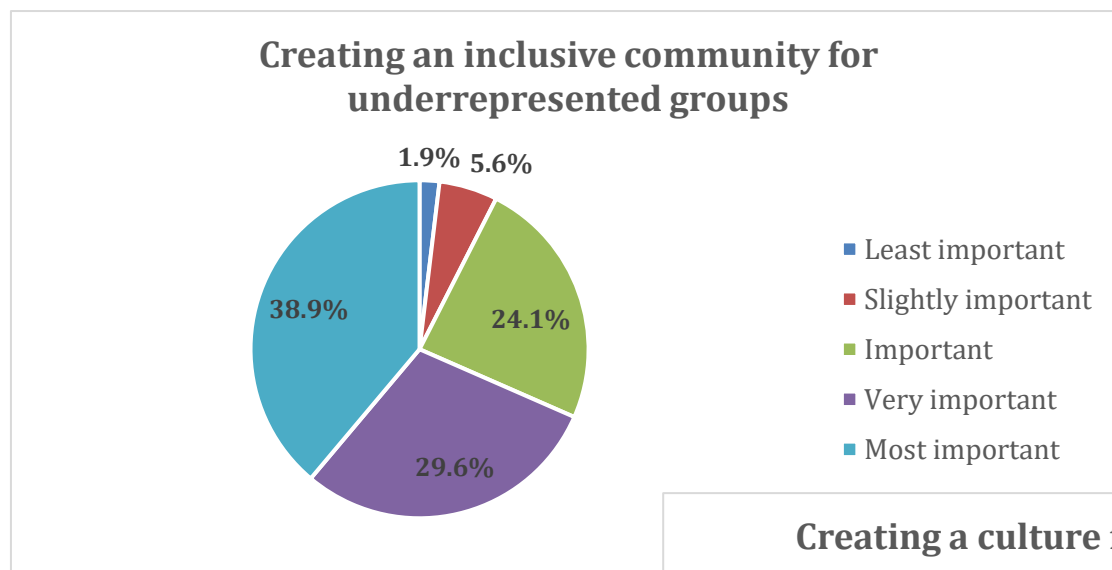
### Promotion of the countries efforts



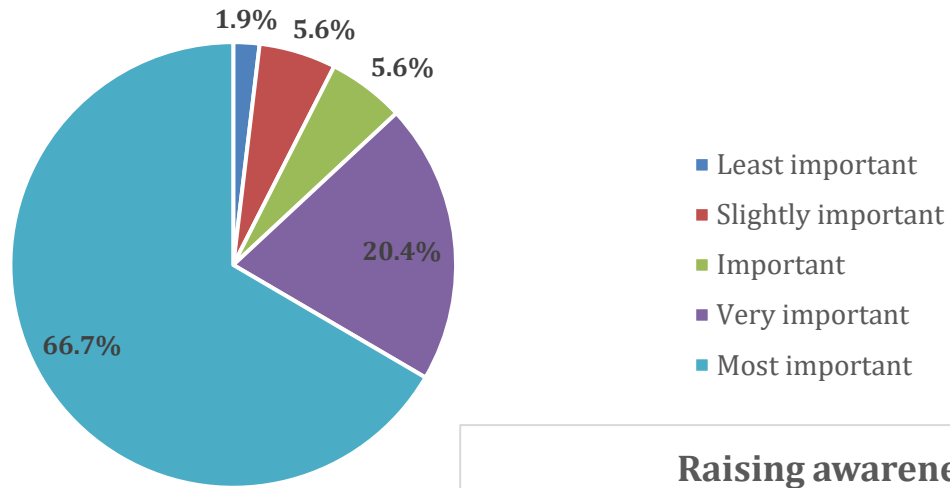
The students' responses in Albania indicate that creating an inclusive community for underrepresented groups is very important (28,4%, and 27,0% respectively). In addition, 20,3% of the students considered this factor as the most important aspect. On the other hand, approximately 25% of the students considered that this aspect is not very important. Additionally, students in Albania consider that creating a culture of physical education and sport is of a higher importance with 40,5% of the students marking this factor as the most important and 29,7% as very important, 14,9% as important, whereas approximately 15% of the students did not consider this factor of high importance. Identifying young talent for different sports was another aspect that students considered to be most important (44,6%), very important (23,0%), important (18,9%), slightly important and least important with 6,8% of the variance, respectively. Concerning raising awareness of a healthy lifestyle, students in Albania listed this factor as the most important with 44,6% of the variance. In addition, 28,4% of them considered this factor as very important and 13,5% of them as an important factor. Less than 14% of the respondents considered this factor as slightly important or least important. Similarly, raising awareness of benefits achieved by physical activities was among the most important factors of the importance of having grassroots sports programs with 44,6% of the responses, 28,4% as very important, and 14,9% considered this aspect important. Less than 13% of the respondents considered this aspect of low or least importance. Finally, with respect to the promotion of the countries' efforts, the answers were more dispersed with 28,4% of the students considering this aspect as important, 16,2% as very important, and 25,7% as most important. On the other hand, 20,3% of the respondents considered this aspect as slightly important and 9,5% as the least important factor.

**Summary:** The most important aspects highlighted by Albanian students are creating a culture for physical education and sport (40.5% marked it as most important), identifying young talent for different sports (44.6% marked it as most important), and raising awareness of a healthy lifestyle (44.6% marked it as most important). Conversely, the least important aspects are promoting the country's efforts (9.5% marked it as least important), creating an inclusive community for underrepresented groups (25% considered it not very important), and raising awareness of benefits achieved by physical activities (less than 13% considered it least important).

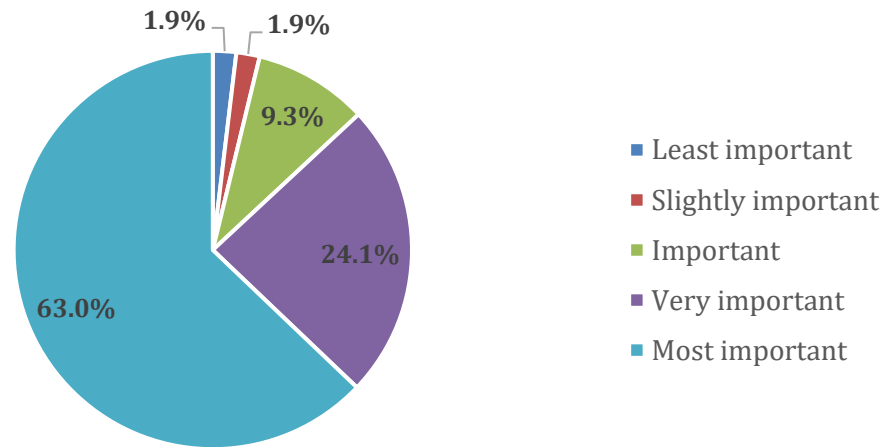
**KOSOVO** (responses from Kosovo)



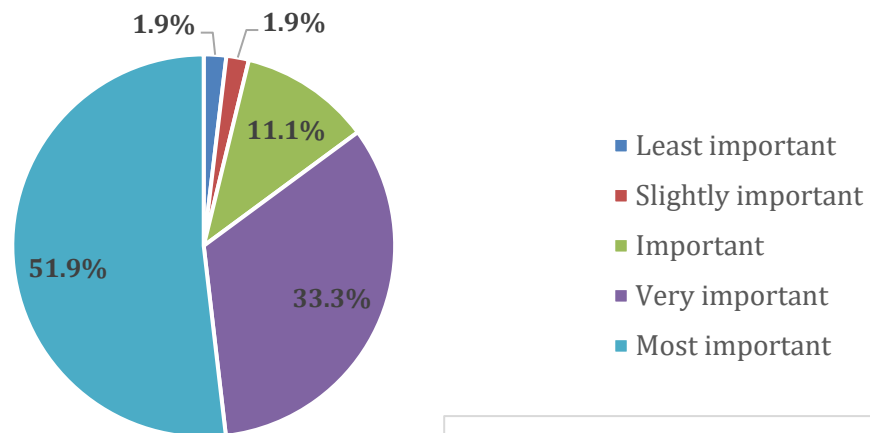
### Identifying young talent for different sports



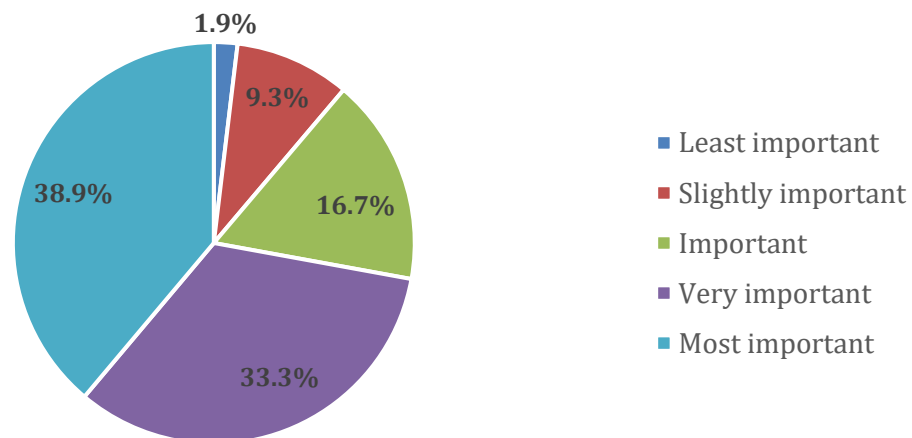
### Raising awareness of a healthy lifestyle



### Raising awareness of benefits achieved by physical activities



### Promotion of the countries efforts

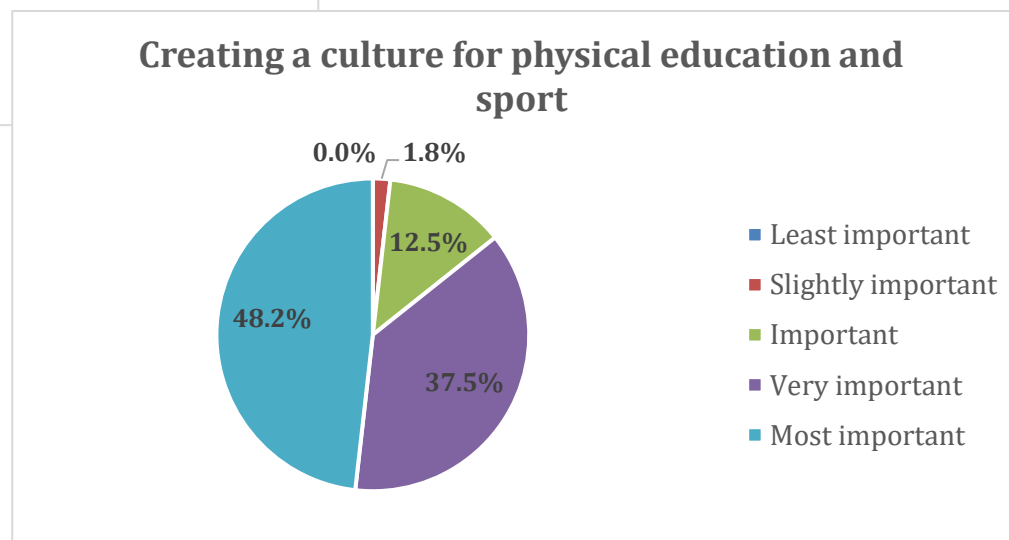
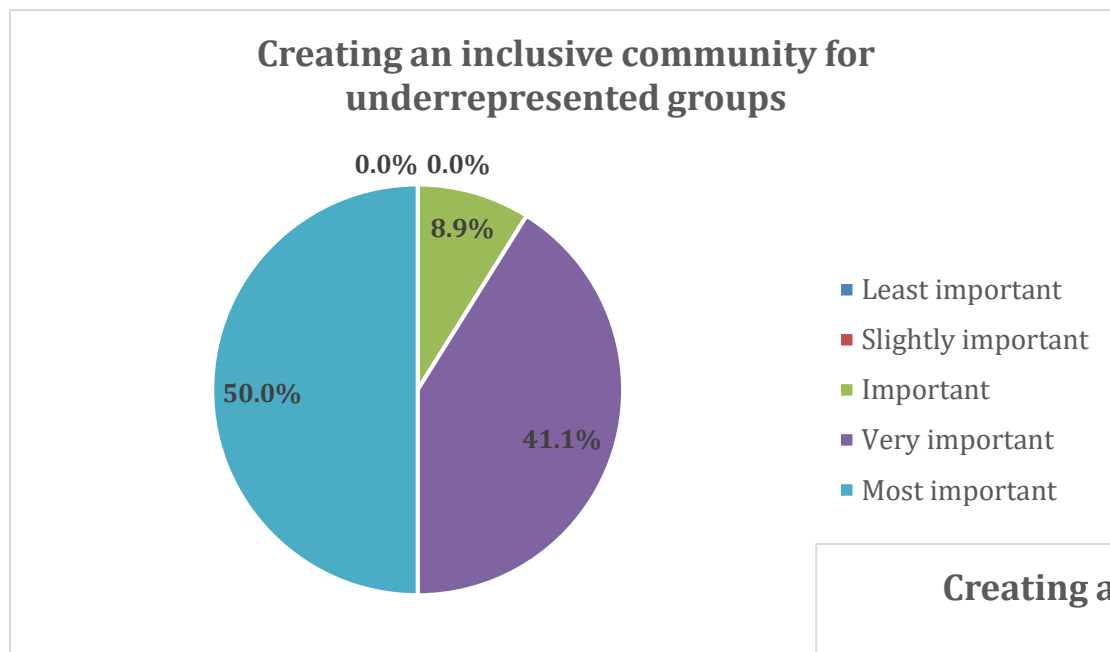




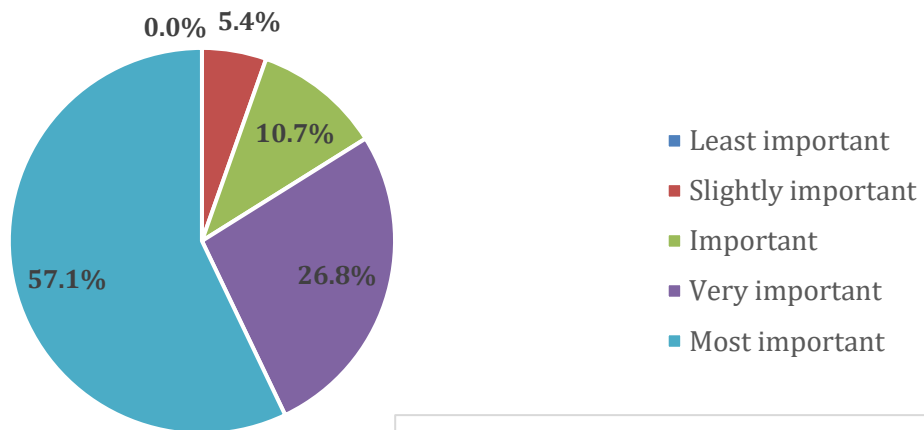
The students' responses in Kosovo indicate that creating an inclusive community for underrepresented groups is important to very important (24,1%, and 29,6% respectively). In addition, 38,9% of the students considered this factor as the most important aspect. On the other hand, less than 8% of the students considered that this aspect is not very important. Additionally, students in Kosovo consider that creating a culture of physical education and sport is of utmost importance with 63% of the students marking this factor as the most important 25,9% as very important, 5,6% as important, whereas only less than 6% of the students did not consider this factor of high importance. Identifying young talent for different sports was another aspect that students in Kosovo considered to be most important (66,7%), very important (20,4%), important (5,6%), slightly important and least important with 7,5% of the variance, respectively. Concerning raising awareness of a healthy lifestyle, students listed this factor as the most important with 63% of the variance. In addition, 24,1% of them considered this factor as very important and 9,3% of them as an important factor. Less than 4% of the respondents considered this factor as slightly important or least important. Similarly, raising awareness of benefits achieved by physical activities was among the most important factors of the importance of having grassroots sports programs with 51,9% of the responses, 33,3% as very important, and 11,1% considered this aspect important. Less than 4% of the respondents considered this aspect of slight or least importance. Finally, with respect to the promotion of the country's efforts, students in Kosovo responded that this was also important at different levels. In this regard, 38,9% of the students considered this aspect as the most important, 33,3% as very important, and 16,7% as most important. On the other hand, slightly more than 10% of the respondents considered this aspect as slightly important or least important.

**Summary:** In Kosovo, students prioritize three key aspects of grassroots sports programs: creating an inclusive community for underrepresented groups, identified as most important by 38.9% of respondents; fostering a culture for physical education and sport, deemed most important by 63% of students; and identifying young talent for different sports, rated most important by 66.7% of respondents.

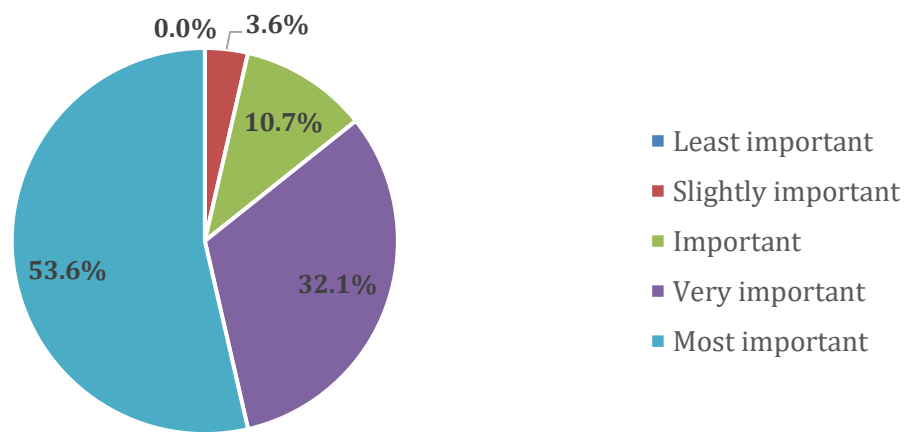
**BOSNIA AND HERZEGOVINA** (responses from Bosnia and Herzegovina)



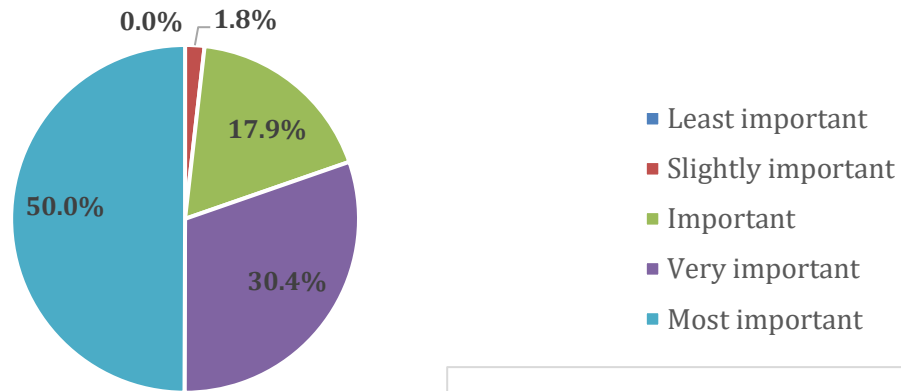
### Identifying young talent for different sports



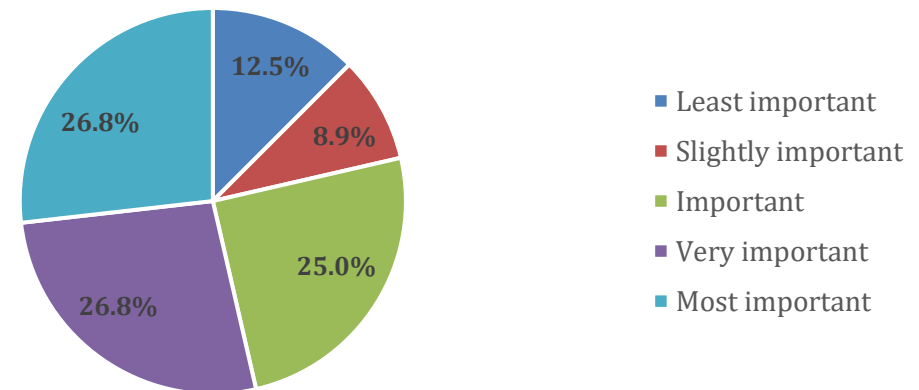
### Raising awareness of a healthy lifestyle



### Raising awareness of benefits achieved by physical activities



### Promotion of the countries efforts

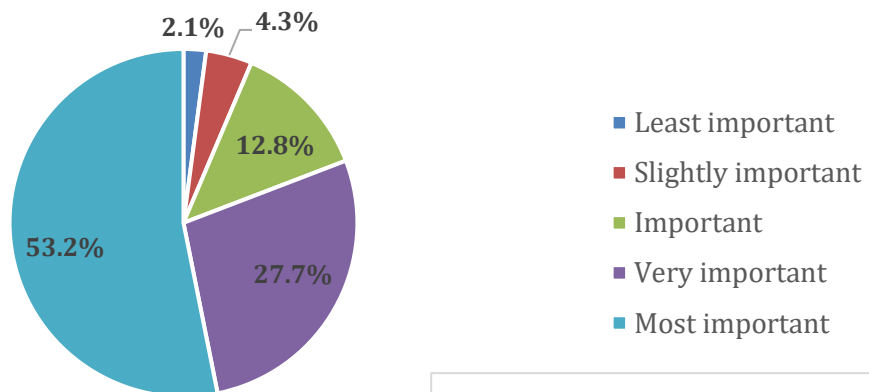


The students' responses in Bosnia and Herzegovina show that creating an inclusive community for underrepresented groups is most important to very important (50,0%, and 41,1% respectively). In addition, 8,9% of the students considered this factor as important. On the other hand, none of the respondents did not consider this factor to be slightly important or least important (both 0%). Additionally, students in Bosnia and Herzegovina consider that creating a culture for physical education and sport is of utmost importance with 48,2% of the students marking this factor as the most important and 37,5% as very important, 12,5% as important, whereas only 1,8% of the students considered this factor of slight importance. Interestingly, none of the students (0%) considered this factor as the least important aspect. Identifying young talent for different sports was another aspect that students in Bosnia and Herzegovina considered to be most important (57,1%), very important (26,8%), important (10,7%), slightly important 5,4%, and least important with 0% of the variance, respectively. With respect to raising awareness of a healthy lifestyle, students also listed this factor as the most important with 53,6% of the variance. In addition, 32,1% of them considered this factor as very important and 10,7% of them as an important factor. Only 3,6% of the respondents considered this factor as slightly important and 0% least important. Similarly, raising awareness of benefits achieved by physical activities was among the most important factors of the importance of having grassroots sports programs with 50,0% of the responses, 30,4% as very important, and 17,9% considered this aspect important. Only 1,8% of the respondents considered this aspect of slight importance and none of them (0%) as the least important factor. Finally, with respect to the promotion of the country's efforts, the answers were more dispersed with 26,8% of the students considering this aspect as most important and very important, 25,0% as important, 8,9% as slightly important, and 12,5% as the least important factor.

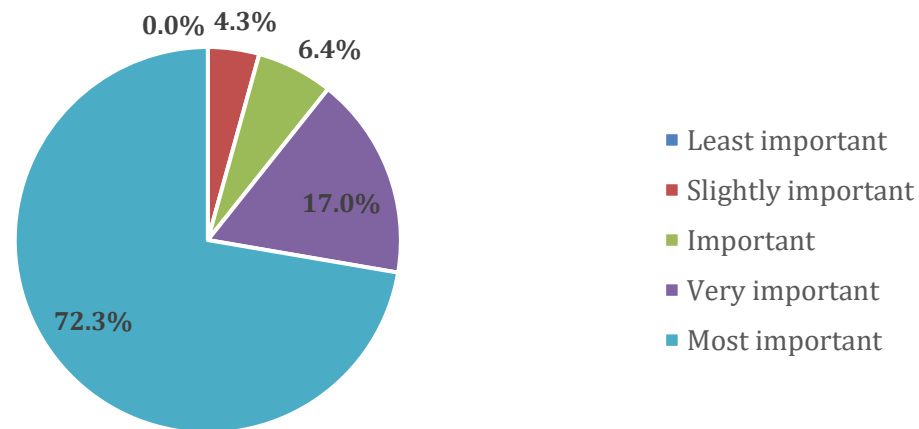
**Summary:** In Bosnia and Herzegovina, students prioritize three key aspects in grassroots sports programs: creating an inclusive community for underrepresented groups, identified as most important by 50% of respondents; fostering a culture for physical education and sport, deemed most important by 48.2% of students; and identifying young talent for different sports, rated most important by 57.1% of respondents. Notably, two aspects were considered least important: raising awareness of benefits achieved by physical activities, with only 1.8% of respondents considering it slightly important; and the promotion of the country's efforts, where 12.5% of respondents rated it as the least important factor.

**MONTENEGRO** (responses from Montenegro)

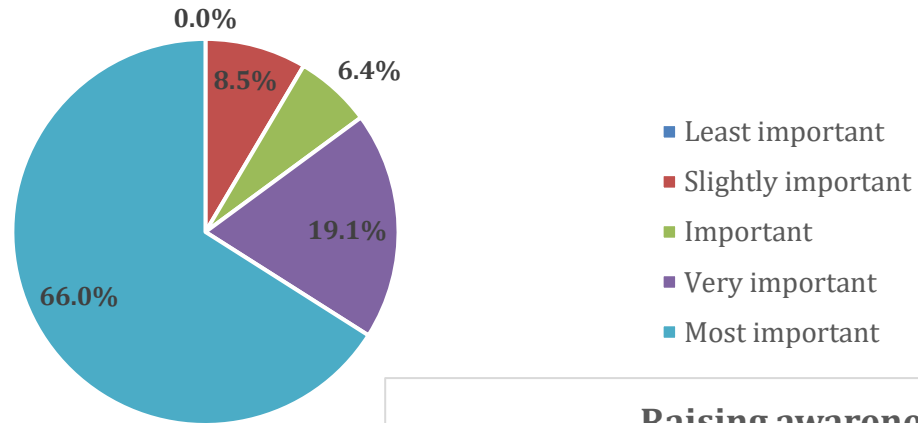
**Creating an inclusive community for underrepresented groups**



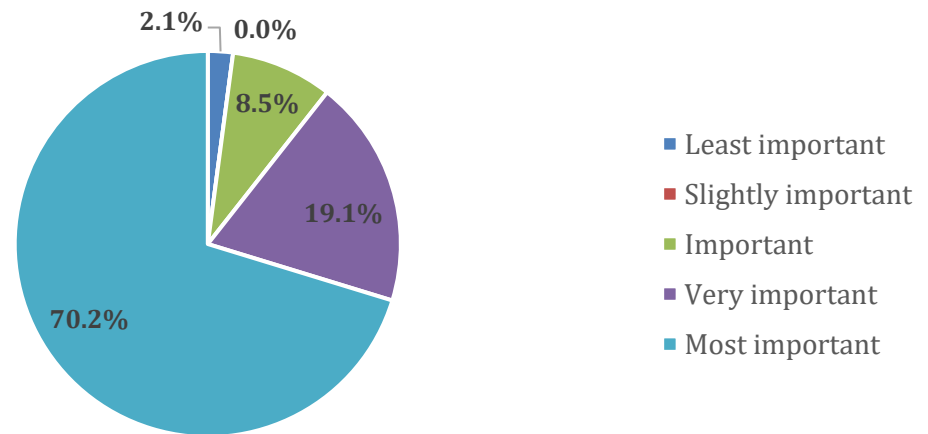
**Creating a culture for physical education and sport**



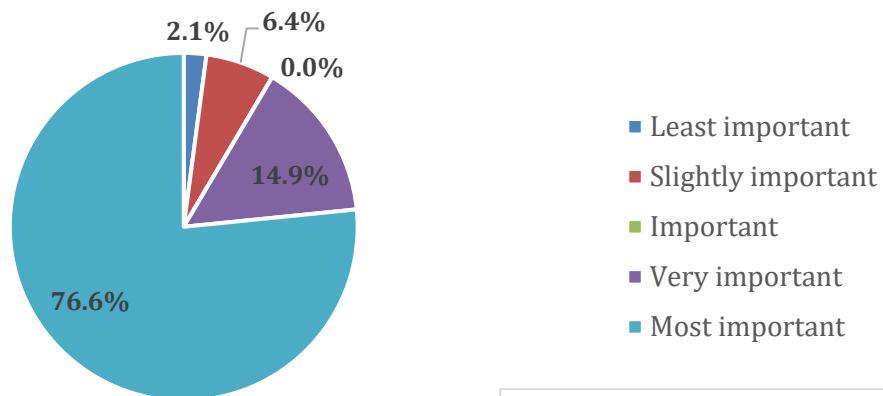
### Identifying young talent for different sports



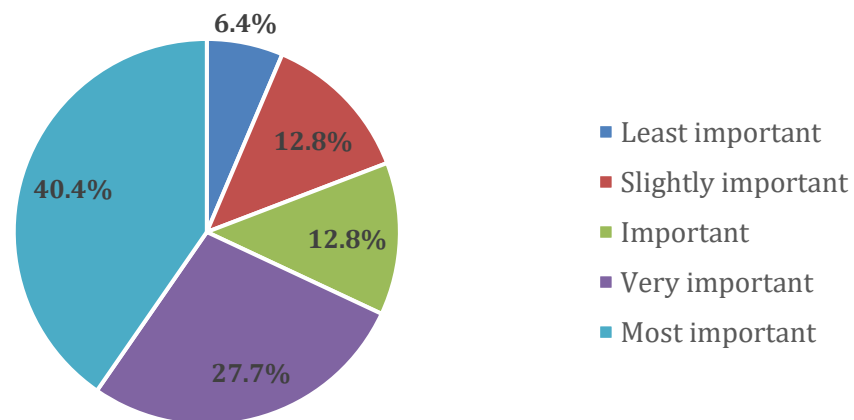
### Raising awareness of a healthy lifestyle



### Raising awareness of benefits achieved by physical activities



### Promotion of the countries efforts





The students' responses in Montenegro indicate that creating an inclusive community for underrepresented groups is the most important factor with 53,2% of the variance. In addition, 27,7% of the students considered this factor as very important, and 12,8% as important. On the other hand, less than 7% of the students considered that this aspect is not very important. Additionally, students in Montenegro consider that creating a culture for physical education and sport is of utmost importance with 72,3% of the students marking this factor as the most important and 17,0% as very important, 6,4% as important, whereas only 4,3% slightly important. None of the students considered this aspect to be the least important (0%). Identifying young talent for different sports was another aspect that students in Montenegro considered to be most important (66,0%), very important (19,1%), important (6,4%), slightly important (8,5%), and least important 0,0% of the variance, respectively. With respect to raising awareness of a healthy lifestyle, students listed this factor as the most important with 70,2% of the variance. In addition, 19,1% of the students considered this factor as very important and 8,5% of them as an important factor. No student (0,0%) of the respondents considered this factor as slightly important and only 2,1% as least important. Similarly, raising awareness of benefits achieved by physical activities was among the most important factors of the importance of having grassroots sports programs with 76,6% of the responses, 14,9% as very important, but none considered this factor as important (0,0%). In addition, 6,4% of the respondents considered this aspect of slight importance and only 2,1% of least importance. Finally, with respect to the promotion of the country's efforts, students in Montenegro responded that this was also important at different levels. In this regard, 40,4% of the students considered this aspect as the most important, 27,7% as very important, and 12,8% as most important. On the other hand, 12,8 considered this factor as slightly important and 6,4% least important.

**Summary:** In Montenegro, students prioritize three key aspects in grassroots sports programs: creating an inclusive community for underrepresented groups, identified as the most important factor by 53.2% of respondents, with an additional 27.7% considering it very important. Fostering a culture for physical education and sport is deemed crucial, with 72.3% of students marking it as the most important and 17.0% as very important. Identifying young talent for different sports is also highly valued, with 66.0% of respondents considering it most important. Conversely, two aspects were considered least important: raising awareness of benefits achieved by

physical activities, with none considering it important, and promoting the country's efforts, where 6.4% of respondents rated it as the least important factor.

#### *Similarities:*

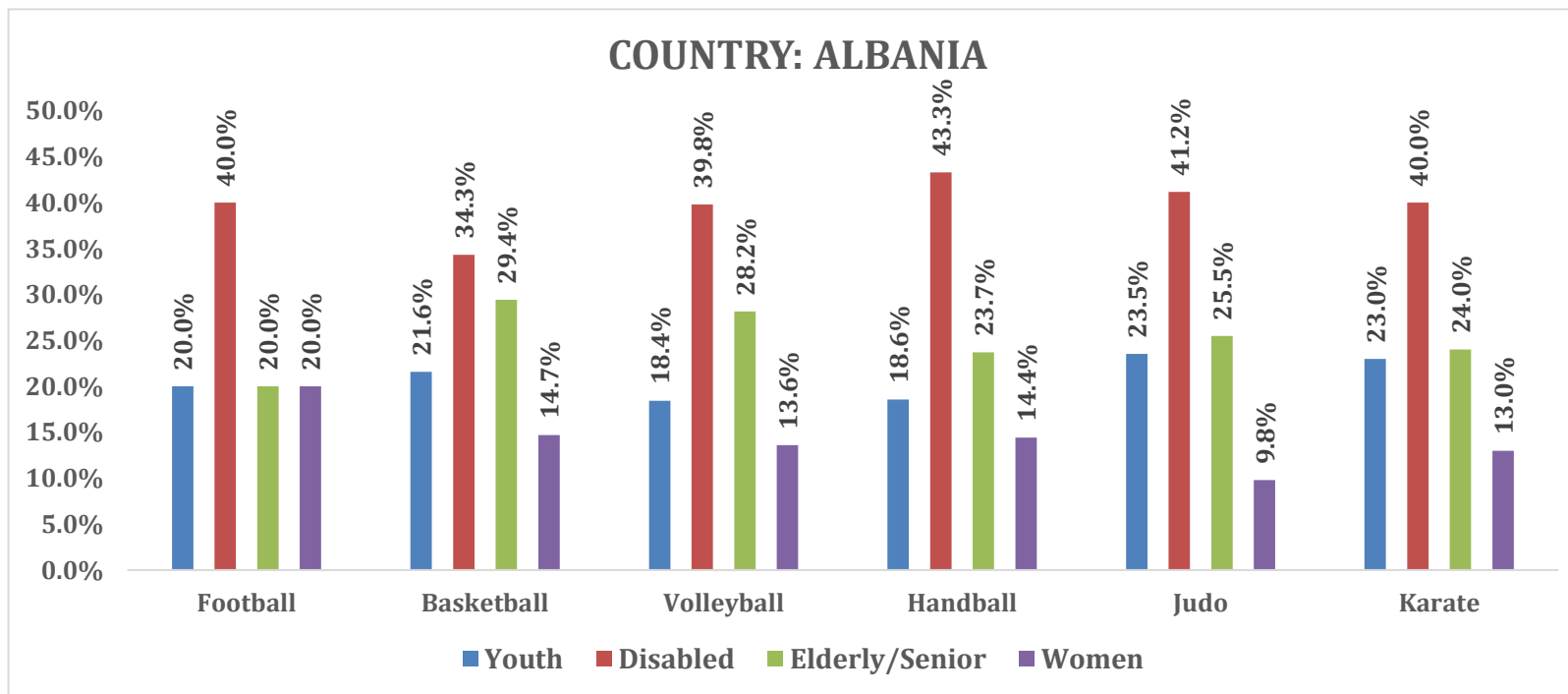
- **Prioritization of Key Aspects:** All four regions (Albania, Kosovo, Bosnia and Herzegovina, and Montenegro) prioritize creating an inclusive community for underrepresented groups as one of the most important factors in grassroots sports programs.
- **Recognition of the Importance of Identifying Talent:** Identifying young talent for different sports is recognized as a crucial aspect across all regions, with each region considering it as one of the top three most important factors.
- **Focus on Raising Awareness:** Raising awareness of both a healthy lifestyle and the benefits achieved by physical activities is highlighted as important in all regions, indicating a common understanding of the significance of education and promotion in fostering sports participation.

#### *Differences:*

- **Variation in Importance of Promoting Country Efforts:** While the promotion of the country's efforts is considered important in all regions, the level of importance varies. For example, in Kosovo, it is deemed one of the most important aspects, whereas in Montenegro, it ranks lower in importance.
- **Divergence in the Importance of Culture for Physical Education and Sport:** While creating a culture for physical education and sport is highly valued in both Kosovo and Montenegro, its importance is comparatively lower in Albania and Bosnia and Herzegovina, where other factors take precedence.
- **Varying Views on Healthy Lifestyle Awareness:** Although raising awareness of a healthy lifestyle is considered crucial in all regions, the percentage of respondents rating it as most important differs, with Montenegro placing the highest emphasis on this aspect compared to the other regions.

**3. Have you ever been involved in a such project? If yes, please mark what sport and underrepresented group it involved?**

**ALBANIA** (responses from Albania)



In Albania, the percentage of involvement in projects targeting underrepresented groups varies across different sports:



Football: 20% involvement with youth, 40% with disabled individuals, 20% with the elderly/senior population, and 20% with women.

Basketball: 21.6% involvement with youth, 34.3% with disabled individuals, 29.4% with the elderly/senior population, and 14.7% with women.

Volleyball: 18.4% involvement with youth, 39.8% with disabled individuals, 28.2% with the elderly/senior population, and 13.6% with women.

Handball: 18.6% involvement with youth, 43.3% with disabled individuals, 23.7% with the elderly/senior population, and 14.4% with women.

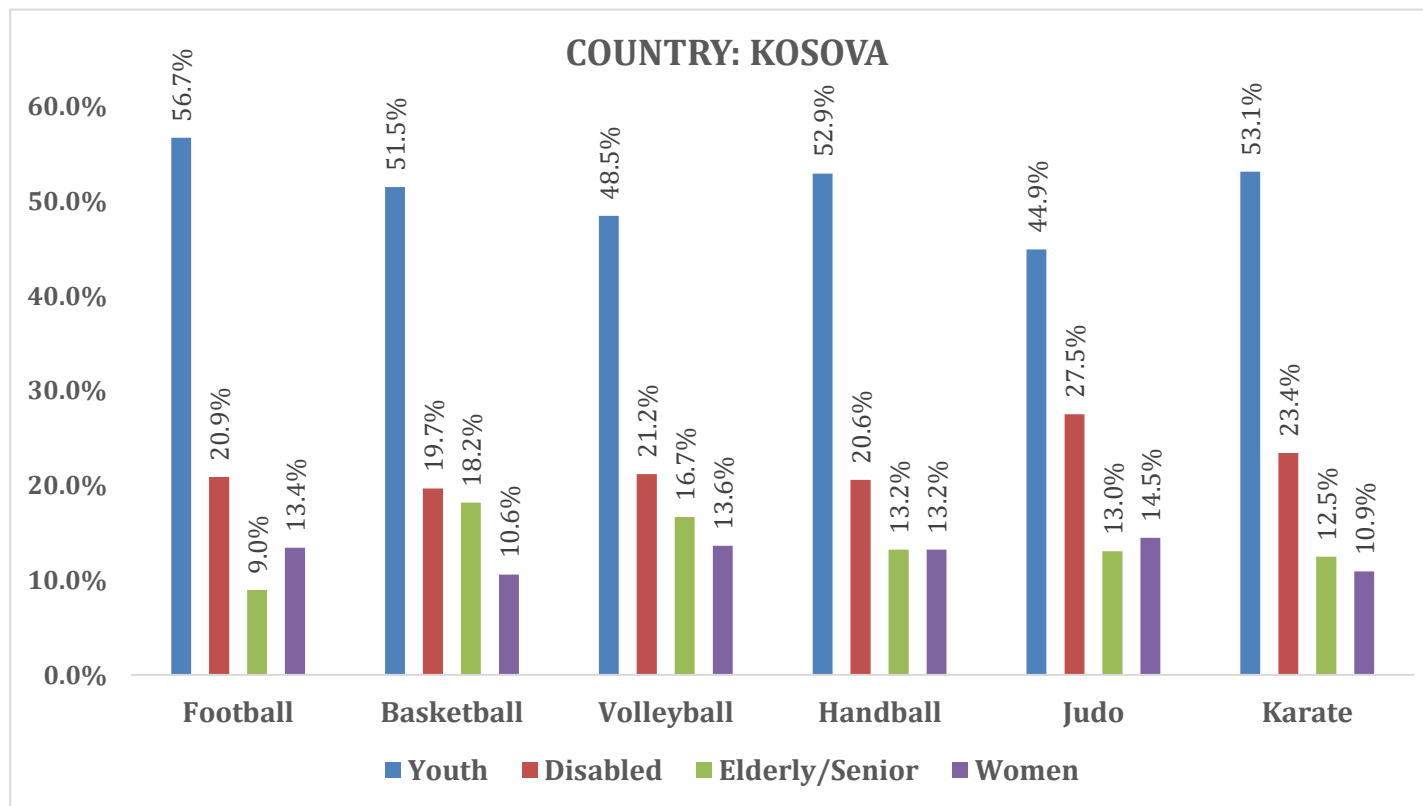
Judo: 23.5% involvement with youth, 41.2% with disabled individuals, 25.5% with the elderly/senior population, and 9.8% with women.

Karate: 23.0% involvement with youth, 40.0% with disabled individuals, 24.0% with the elderly/senior population, and 13.0% with women.

These percentages indicate the distribution of involvement across different sports and underrepresented groups in grassroots sports development projects in Albania.

**Summary:** In Albania, grassroots sports development projects engage different underrepresented groups across various sports. Disabled individuals show the highest participation rates across all sports, with handball and volleyball projects particularly emphasizing involvement with this group. The elderly/senior population is also actively engaged, with volleyball and handball initiatives showcasing significant participation. Football and karate projects involve a balanced representation of youth, disabled, elderly, and women participants. Basketball projects exhibit a strong focus on engaging youth and disabled individuals. However, women's participation appears to be relatively lower across all sports compared to other groups. Overall, these findings underscore the diverse efforts to promote inclusivity in grassroots sports in Albania, with targeted initiatives tailored to address the specific needs and interests of different underrepresented groups.

**KOSOVO** (responses from Kosovo)



In Kosovo, the participation percentages in grassroots sports projects vary across different sports and underrepresented groups as follows:



Football: Youth participation is the highest at 56.7%, followed by 20.9% for disabled individuals, 9.0% for the elderly/senior population, and 13.4% for women.

Basketball: Youth involvement stands at 51.5%, followed by 19.7% for disabled individuals, 18.2% for the elderly/senior population, and 10.6% for women.

Volleyball: Youth participation is at 48.5%, with 21.2% for disabled individuals, 16.7% for the elderly/senior population, and 13.6% for women.

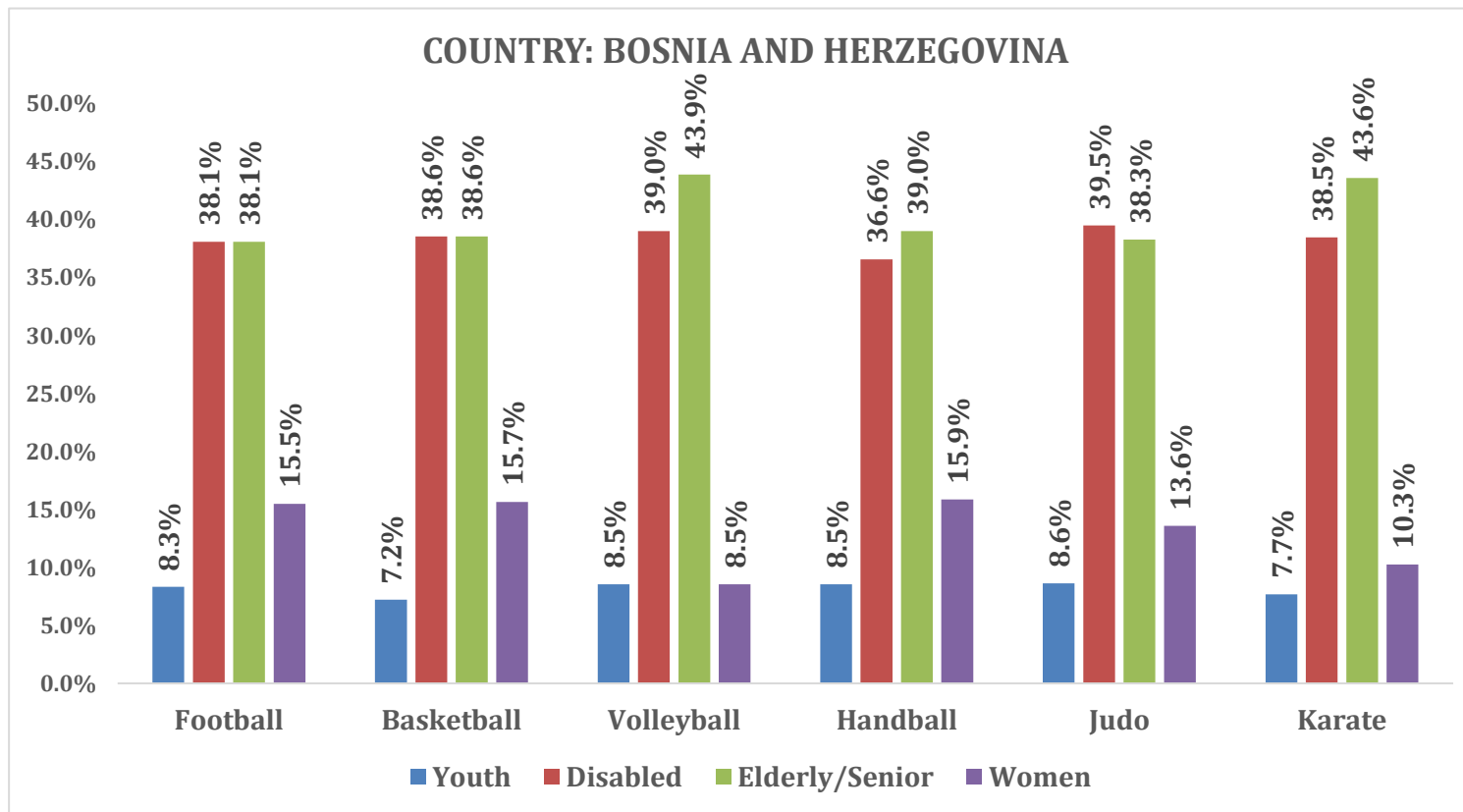
Handball: Youth involvement is 52.9%, followed by 20.6% for disabled individuals, 13.2% for the elderly/senior population, and 13.2% for women.

Judo: Youth participation is at 44.9%, followed by 27.5% for disabled individuals, 13.0% for the elderly/senior population, and 14.5% for women.

Karate: Youth involvement stands at 53.1%, followed by 23.4% for disabled individuals, 12.5% for the elderly/senior population, and 10.9% for women.

**Summary:** Youth participation dominates across all sports, followed by varying degrees of involvement from disabled individuals, the elderly/senior population, and women, with slight variations observed across different sports.

**BOSNIA AND HERZEGOVINA** (responses from Bosnia and Herzegovina)



In Bosnia and Herzegovina, the involvement percentages in grassroots sports projects vary across different sports and underrepresented groups as follows:

Football: 8.3% involvement with youth, 38.1% with disabled individuals, 38.1% with the elderly/senior population, and 15.5% with women.

Basketball: 7.2% involvement with youth, 38.6% with disabled individuals, 38.6% with the elderly/senior population, and 15.7% with women.

Volleyball: 8.5% involvement with youth, 39.0% with disabled individuals, 43.9% with the elderly/senior population, and 8.5% with women.

Handball: 8.5% involvement with youth, 36.6% with disabled individuals, 39.0% with the elderly/senior population, and 15.9% with women.

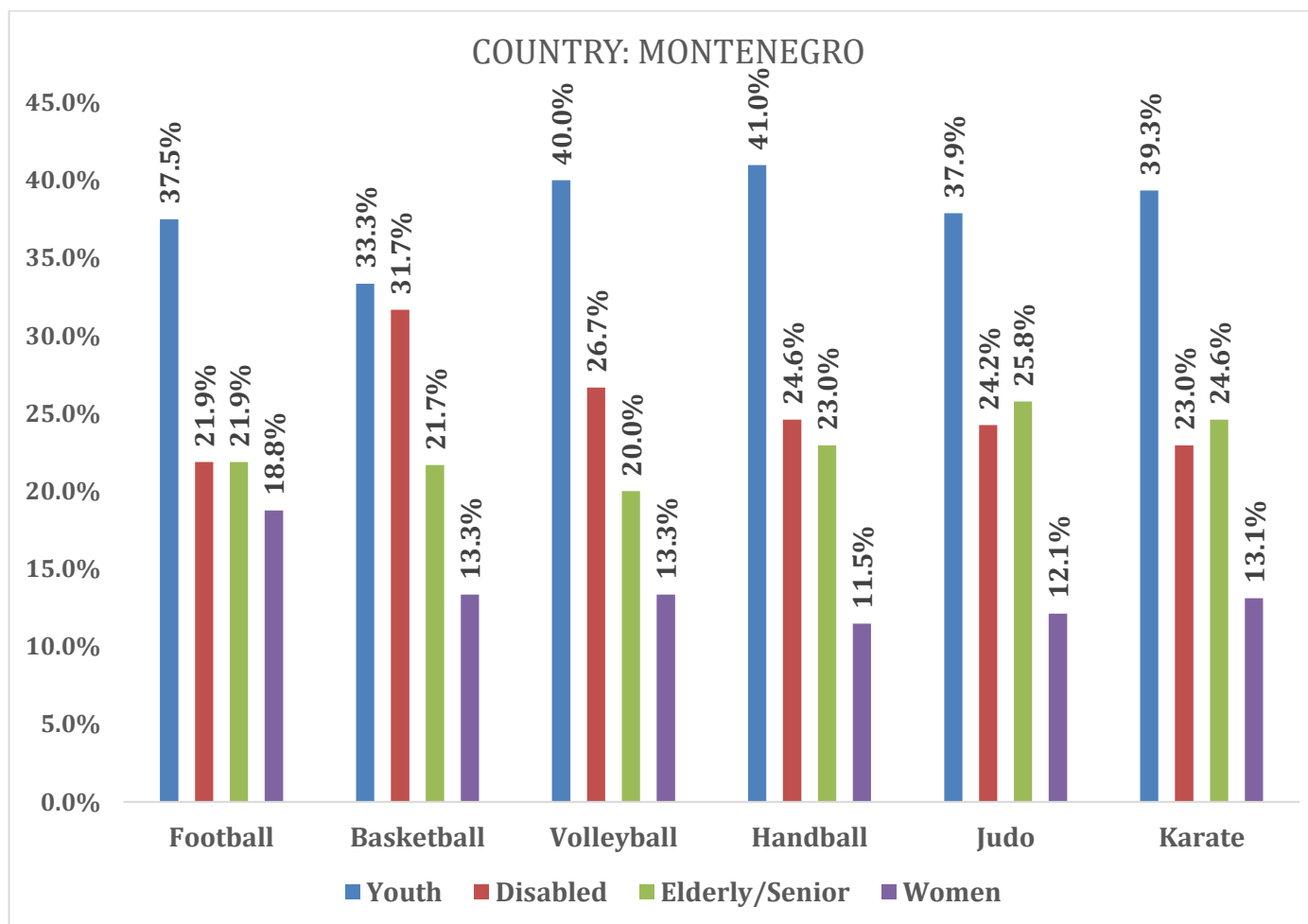
Judo: 8.6% involvement with youth, 39.5% with disabled individuals, 38.3% with the elderly/senior population, and 13.6% with women.

Karate: 7.7% involvement with youth, 38.5% with disabled individuals, 43.6% with the elderly/senior population, and 10.3% with women.

**Summary:** There is a notable focus on involvement from disabled individuals and the elderly/senior population across all sports, while participation from youth and women varies across different sports, with basketball showing the highest involvement among women.



**MONTENEGRO** (responses from Montenegro)



In Montenegro, various sports have been involved in projects targeting different underrepresented groups:

Football: 37.5% involvement with youth, 21.9% with disabled individuals, 21.9% with the elderly/senior population, and 18.8% with women.

Basketball: 33.3% involvement with youth, 31.7% with disabled individuals, 21.7% with the elderly/senior population, and 13.3% with women.

Volleyball: 40.0% involvement with youth, 26.7% with disabled individuals, 20.0% with the elderly/senior population, and 13.3% with women.

Handball: 41.0% involvement with youth, 24.6% with disabled individuals, 23.0% with the elderly/senior population, and 11.5% with women.

Judo: 37.9% involvement with youth, 24.2% with disabled individuals, 25.8% with the elderly/senior population, and 12.1% with women.

Karate: 39.3% involvement with youth, 23.0% with disabled individuals, 24.6% with the elderly/senior population, and 13.1% with women.

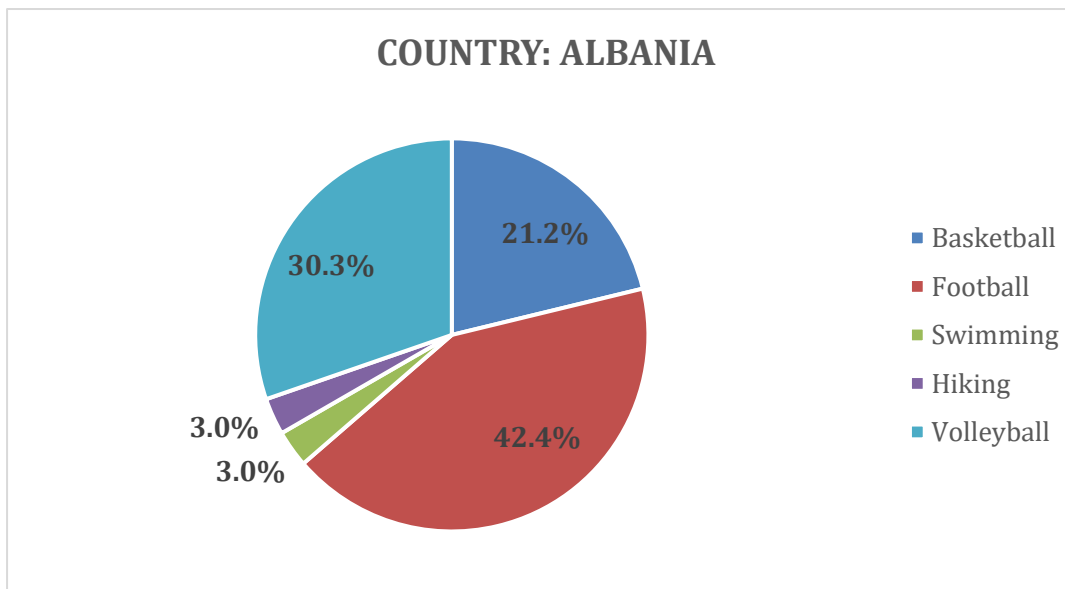
These percentages illustrate the distribution of involvement across different sports and underrepresented groups in grassroots sports development projects in Montenegro.

**Summary:** In Montenegro, various sports have actively participated in projects aimed at promoting inclusivity and engagement across diverse demographics. Football, basketball, volleyball, handball, judo, and karate all show significant involvement in initiatives targeting youth, disabled individuals, the elderly/senior population, and women. Notably, handball and karate exhibit higher engagement with youth, while basketball demonstrates significant involvement with disabled individuals. These initiatives highlight a concerted effort to foster diversity and inclusion within grassroots sports development in Montenegro, reflecting a commitment to addressing the needs and interests of underrepresented groups across various sports disciplines.

**General Summary:** Grassroots sports development projects across Albania, Kosovo, Bosnia and Herzegovina, and Montenegro target underrepresented groups such as youth, disabled individuals, the elderly/senior population, and women across various sports. In Albania, disabled individuals show the highest participation rates across sports like handball and volleyball, while football and karate projects demonstrate balanced engagement across different groups. Kosovo primarily focuses on youth participation across all sports, with varying degrees of involvement from other underrepresented groups. Bosnia and Herzegovina emphasizes engagement from disabled individuals and the elderly/senior population across all sports, with basketball standing out for women's involvement. Montenegro showcases significant participation from all targeted groups across various sports, indicating a strong commitment to inclusivity and diversity in grassroots sports development. Overall, these initiatives underscore a collective effort to address the needs and interests of underrepresented groups in sports, promoting inclusivity and equal access to sporting opportunities throughout the region.

**4. If you have ever been involved in a grassroots inclusion project, in which sport did you have the best experience? Please write the name of the project if you remember it, or the name of the federation or organization that implemented it at the grassroots project. In which sport did you have the best experience?**

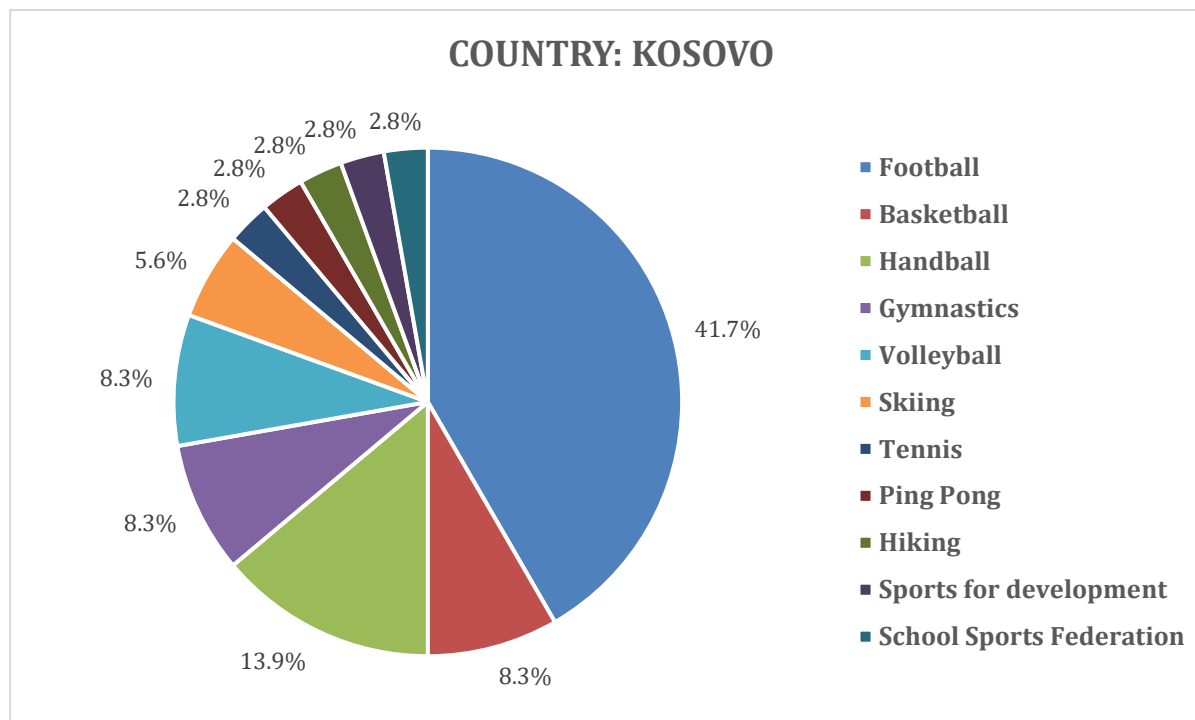
**ALBANIA** (responses from Albania)



**Summary:**

According to the responses from Albania regarding grassroots inclusion projects, football had the highest positive experience rate at 40%, followed by basketball at 24%. Other sports like swimming, hiking, and volleyball had lower percentages of positive experiences. The Albanian Football Federation had an identified role in implementing grassroots inclusion projects, with 16% of respondents mentioning it, while the National Basketball Federation and Albanian Volleyball Federation had smaller mentions at 4% each.

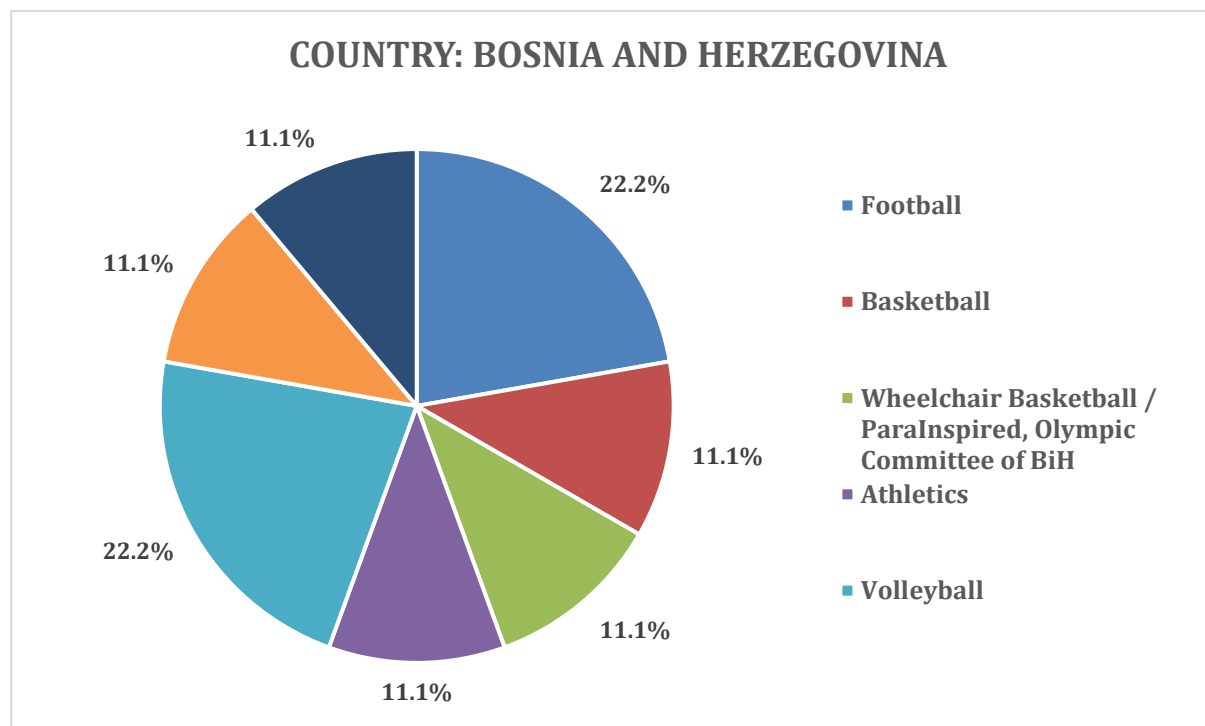
### KOSOVO (responses from Kosovo)



### Summary:

In a survey conducted in Kosovo regarding grassroots inclusion projects, football emerged as the sport with the most positive experiences, with 41.7% of respondents indicating it provided the best experience. Following football, volleyball, basketball, and the Handball Federation of Kosovo were also mentioned as providing positive experiences, albeit to a lesser extent. Other sports like gymnastics, skiing, tennis, ping pong, and hiking were also noted, although with lower percentages. Additionally, some respondents mentioned specific federations or organizations such as the Football Federation of Kosovo (FFK), the Handball Federation of Kosovo, the Gymnastics Federation of Kosovo, and the School Sports Federation as being associated with positive inclusion projects.

**BOSNIA and Hercegovina** (responses from BOSNIA and Hercegovina)

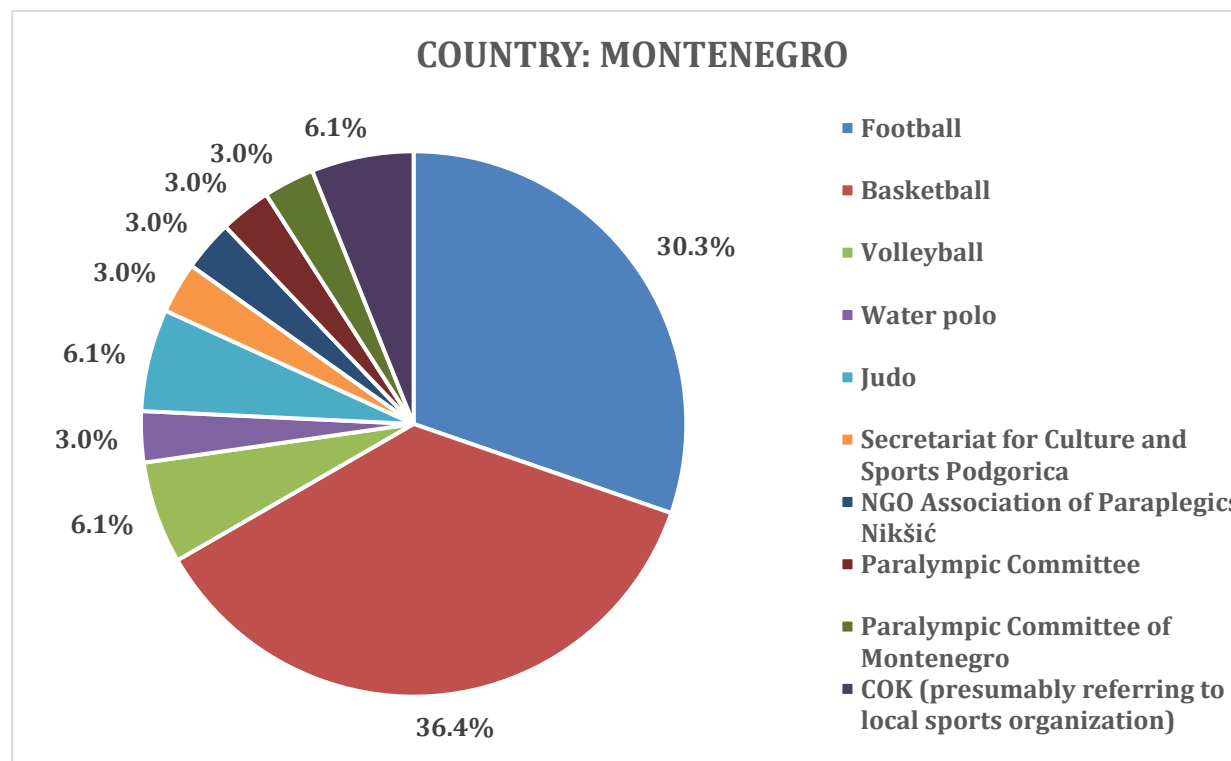


**Summary:**

In Bosnia and Herzegovina, a survey on grassroots inclusion projects revealed that respondents had positive experiences with various sports and organizations. Football and volleyball emerged as the most prominent sports, each garnering 22.2% of responses. Basketball, athletics, and archery were also mentioned, though with slightly lower percentages. Notably, Wheelchair Basketball, facilitated by Para Inspired under the Olympic Committee of BiH, was highlighted as a positive inclusion project. Additionally, dance, specifically associated with Dance Studio Gloria, was also recognized as providing a positive experience in fostering inclusion at the grassroots level.



**MONTENEGRO** (responses from Montenegro)



**SUMMARY:**

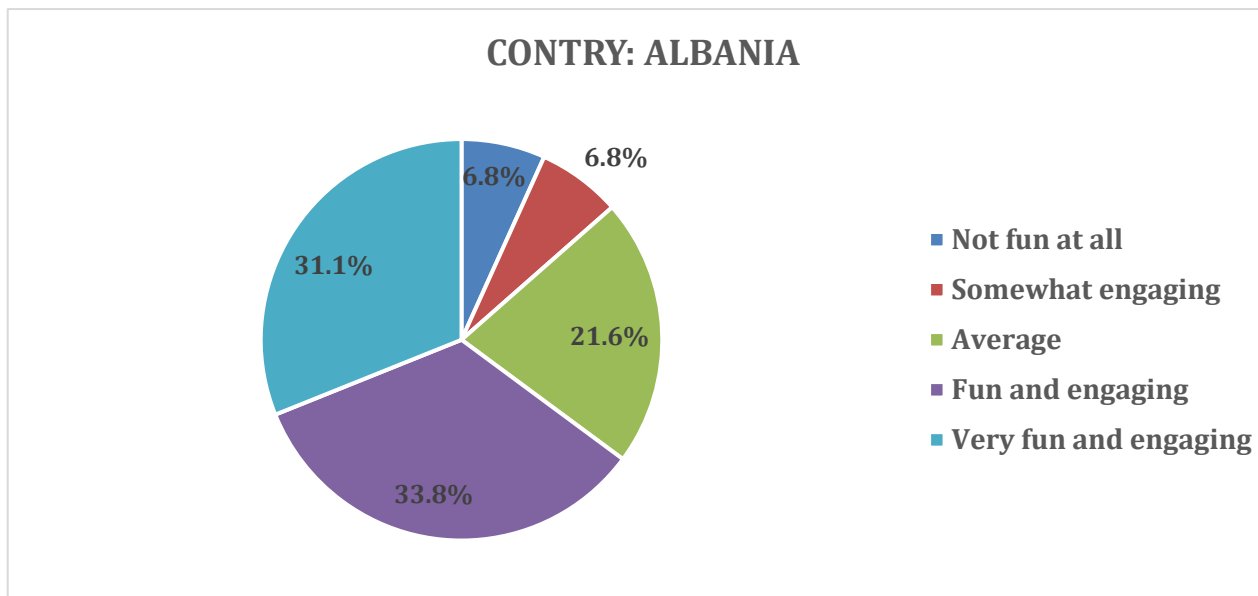
Based on the responses from Montenegro regarding grassroots inclusion projects, basketball appears to be the sport with the highest positive experience rate at 23.5%, followed closely by football at 20.6%. Other sports like volleyball, water polo, judo, and handball also garnered some positive responses but to a lesser extent. Additionally, various organizations such as the Football Association of Montenegro, NGO Association of Paraplegics Nikšić, Paralympic Committee, and local sports associations were involved in implementing these projects, indicating a diverse range of initiatives aimed at promoting inclusion through sports in Montenegro.

**General Summary:** In grassroots inclusion projects across Albania, Kosovo, Bosnia and Herzegovina, and Montenegro, football emerges as a consistently positive experience, with varying degrees of prominence across different regions. In Albania, the Albanian Football Federation plays a significant role, with football garnering the highest positive experience rate among respondents at 40%. Similarly, in Kosovo, the Football Federation of Kosovo (FFK) is noted for its positive impact, with football being the most prominent sport in providing inclusive experiences. Bosnia and Herzegovina also highlight football, along with volleyball, as major contributors to positive inclusion efforts. Additionally, specialized initiatives such as Wheelchair Basketball, facilitated by Para Inspired under the Olympic Committee of BiH, and dance programs like Dance Studio Gloria, are recognized for their positive impact on inclusion. In Montenegro, basketball and football stand out as the most positively experienced sports, with involvement from various organizations, including the Football Association of Montenegro and local sports associations, in implementing inclusive projects. Overall, football consistently emerges as a key driver of positive inclusion experiences, alongside efforts from diverse sports organizations and specialized initiatives promoting inclusivity across the region.



### 5. How fun and engaging do you consider grassroots sports' promotional programs?

**ALBANIA** (responses from Albania)

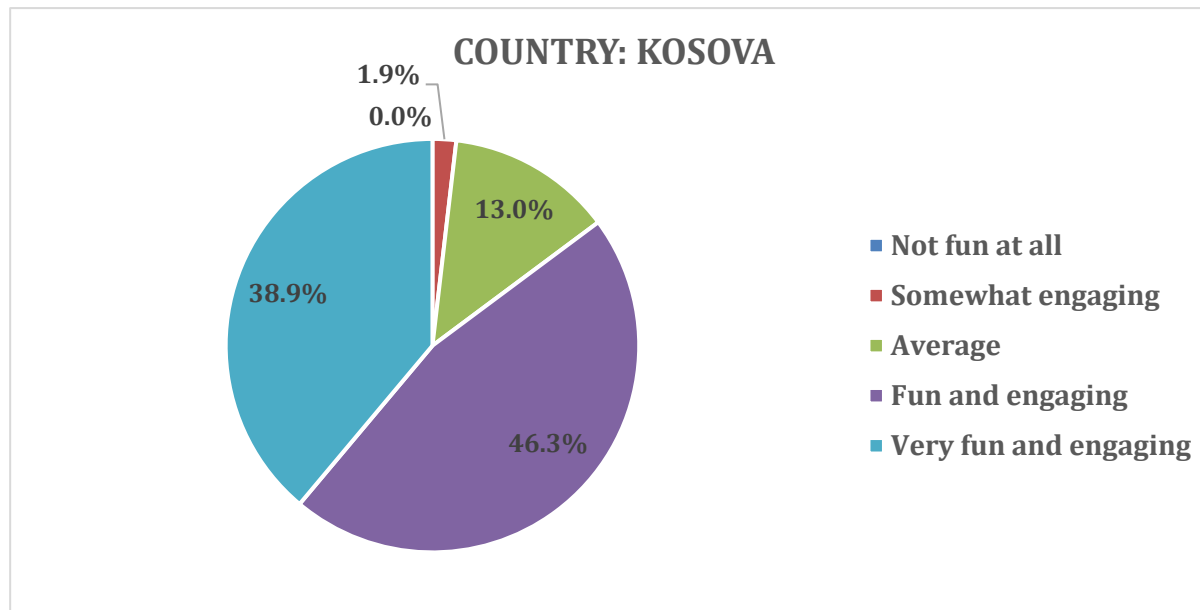


**Summary:**

The summary of responses from Albania regarding the fun and engagement level of grassroots sports' promotional programs suggests that a significant portion of respondents find these programs to be enjoyable and engaging. Specifically, 33.8% consider them fun and engaging, while 31.1% find them very fun and engaging. However, there are also respondents who find them less enjoyable, with 6.8% indicating they are not fun at all and another 6.8% finding them somewhat engaging. Overall, most respondents lean towards finding grassroots sports' promotional programs enjoyable and engaging.



**KOSOVO** (responses from Kosovo)

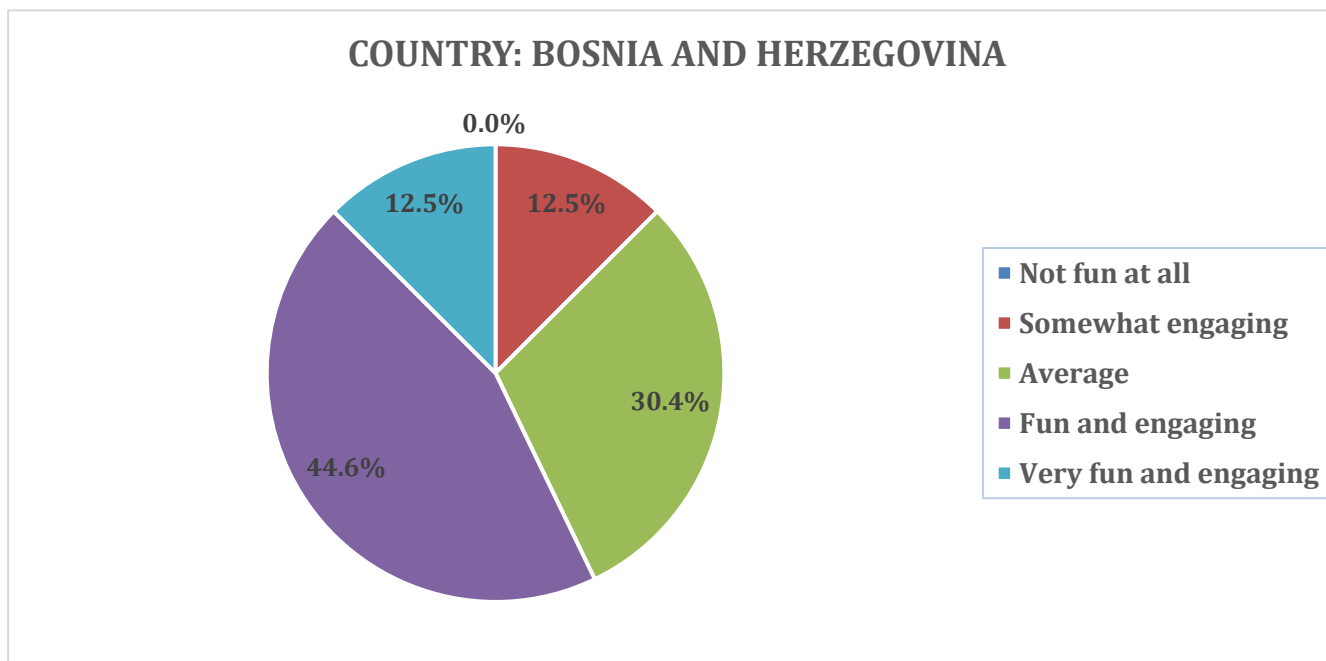


**Summary:**

The summary of responses from Kosovo regarding the fun and engagement level of grassroots sports' promotional programs indicates that a significant majority of respondents, totalling 85.2%, found these programs to be either fun and engaging or very fun and engaging. Only a small fraction of respondents (1.9%) indicated that the programs were somewhat engaging, while none found them not fun at all.



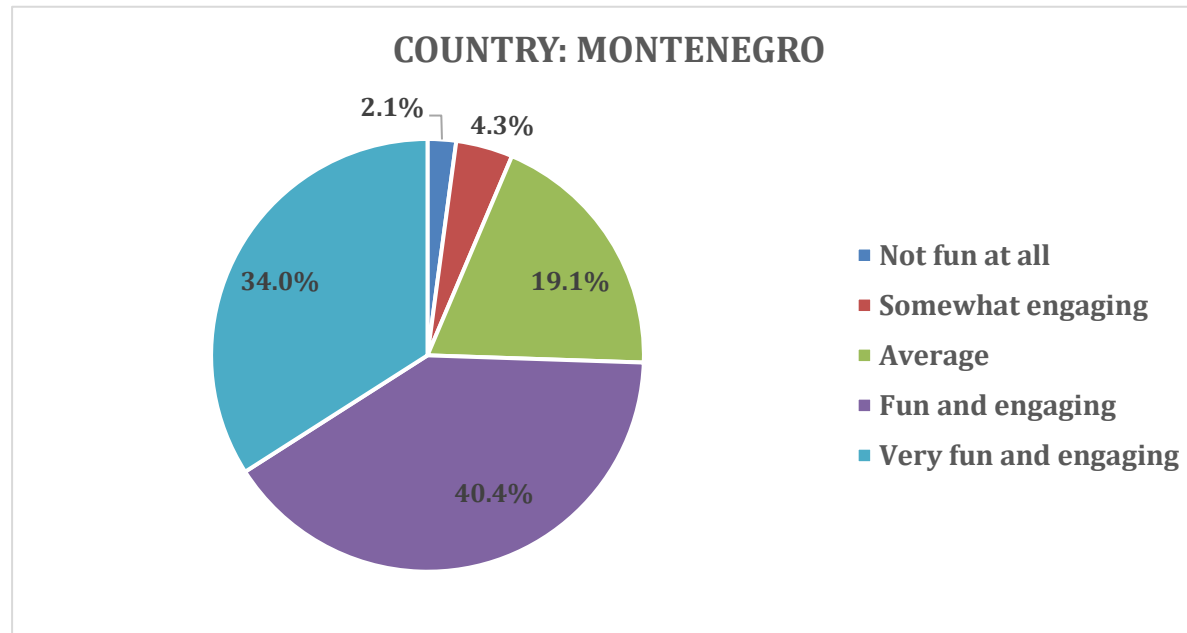
## BOSNIA AND HERZEGOVINA (responses from BOSNIA and Hercegovina)



### Summary:

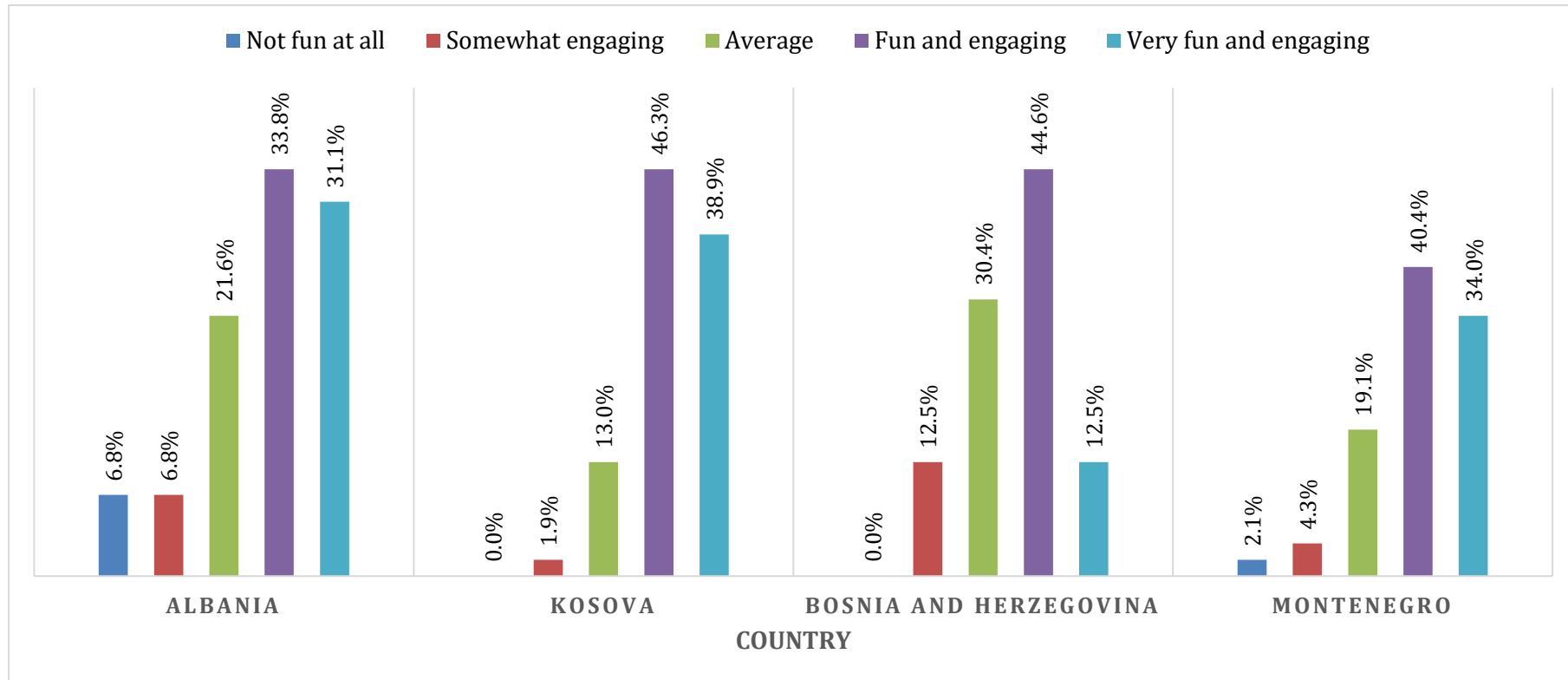
In summary, most respondents from Bosnia and Herzegovina find grassroots sports promotional programs to be fun and engaging, with 44.6% indicating this sentiment. Additionally, 30.4% consider them to be average, while 12.5% find them somewhat engaging and another 12.5% find them very fun and engaging. There were no respondents who chose "Not fun at all."

**MONTENEGRO** (responses from Montenegro)



**Summary:**

In summary, most respondents from Montenegro find grassroots sports' promotional programs to be either fun and engaging (40.4%) or very fun and engaging (34%). A smaller portion find them average (19.1%), while only a minority consider them not fun at all (2.1%) or somewhat engaging (4.3%).



**General Summary:**

Based on the summarized responses from Albania, Kosovo, Bosnia and Herzegovina, and Montenegro, grassroots sports' promotional programs seem to be generally well-received and considered fun and engaging by the majority of respondents across these countries.

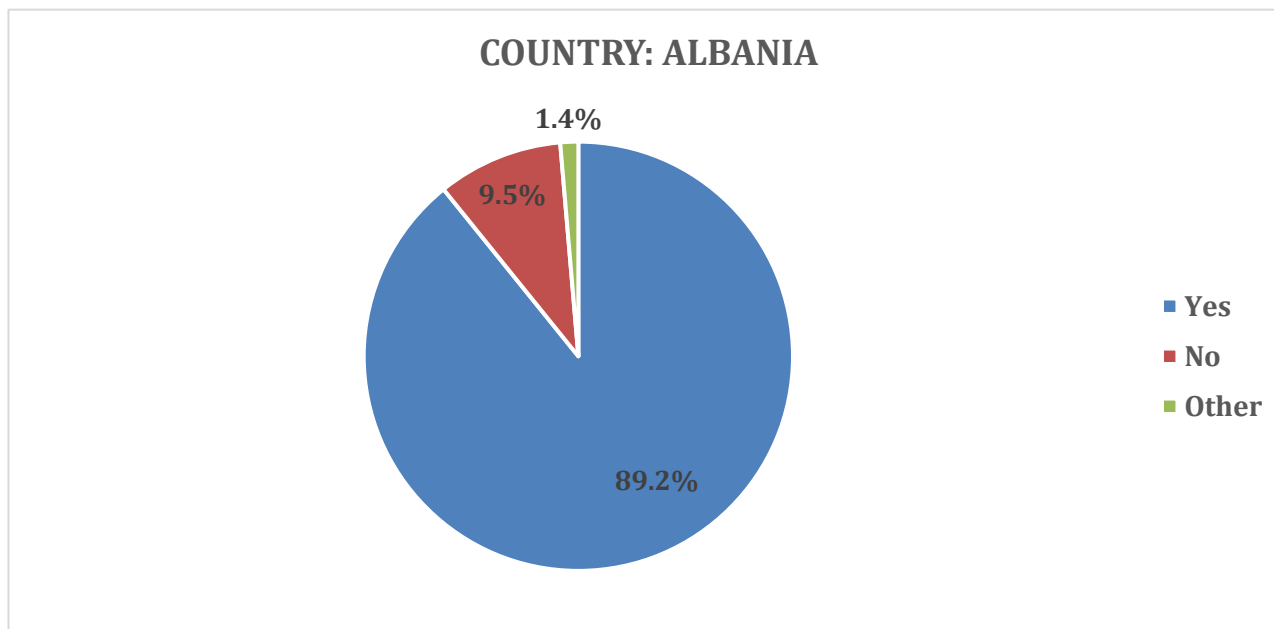


- In Albania, a significant portion of respondents find these programs enjoyable and engaging, with 33.8% considering them fun and engaging and 31.1% finding them very fun and engaging.
- In Kosovo, an overwhelming majority of respondents, totalling 85.2%, found grassroots sports' promotional programs to be either fun and engaging or very fun and engaging.
- In Bosnia and Herzegovina, most respondents also perceive these programs positively, with 44.6% finding them fun and engaging and 12.5% finding them very fun and engaging.
- In Montenegro, the sentiment is similar, with 40.4% finding the programs fun and engaging and 34% finding them very fun and engaging.

Overall, it appears that grassroots sports' promotional programs are generally effective in capturing the interest and engagement of participants across these regions.

**6. Do you think that more projects from national federations are required, and can they significantly increase the inclusion of underrepresented groups?**

**ALBANIA** (responses from Albania)

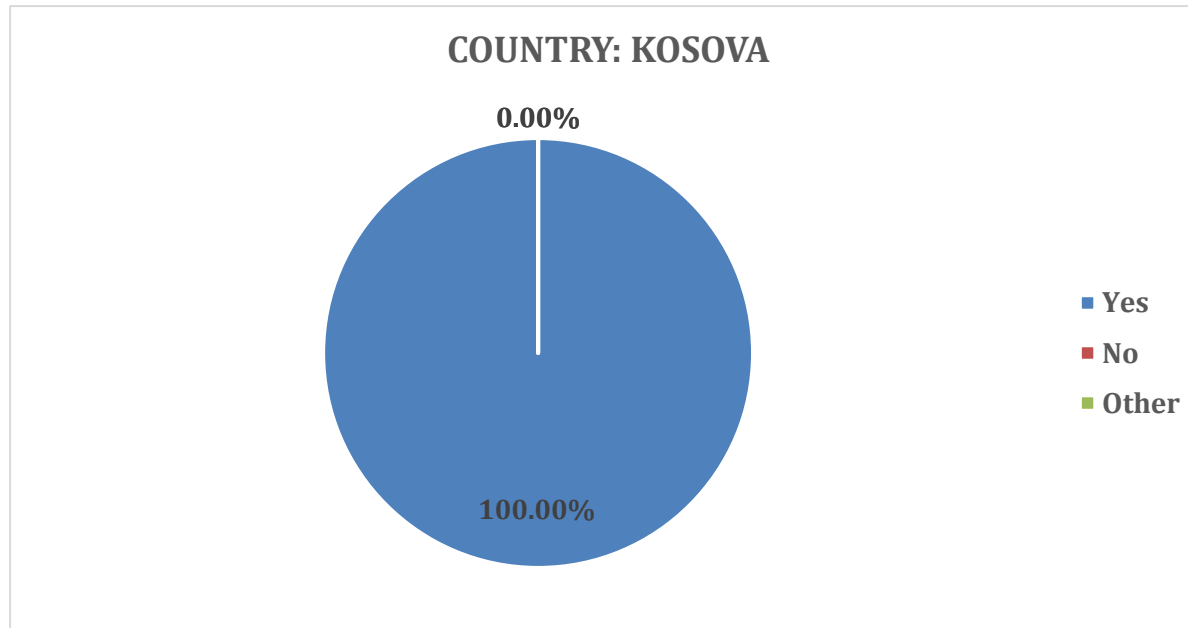


**Summary:**

According to responses from Albania, 89.2% of respondents believe that more projects from national federations are required to significantly increase the inclusion of underrepresented groups, while 10.8% disagree with this notion. This indicates strong support for the idea that such projects can have a positive impact on promoting inclusion among underrepresented groups in the country.



## KOSOVO (responses from Kosovo)

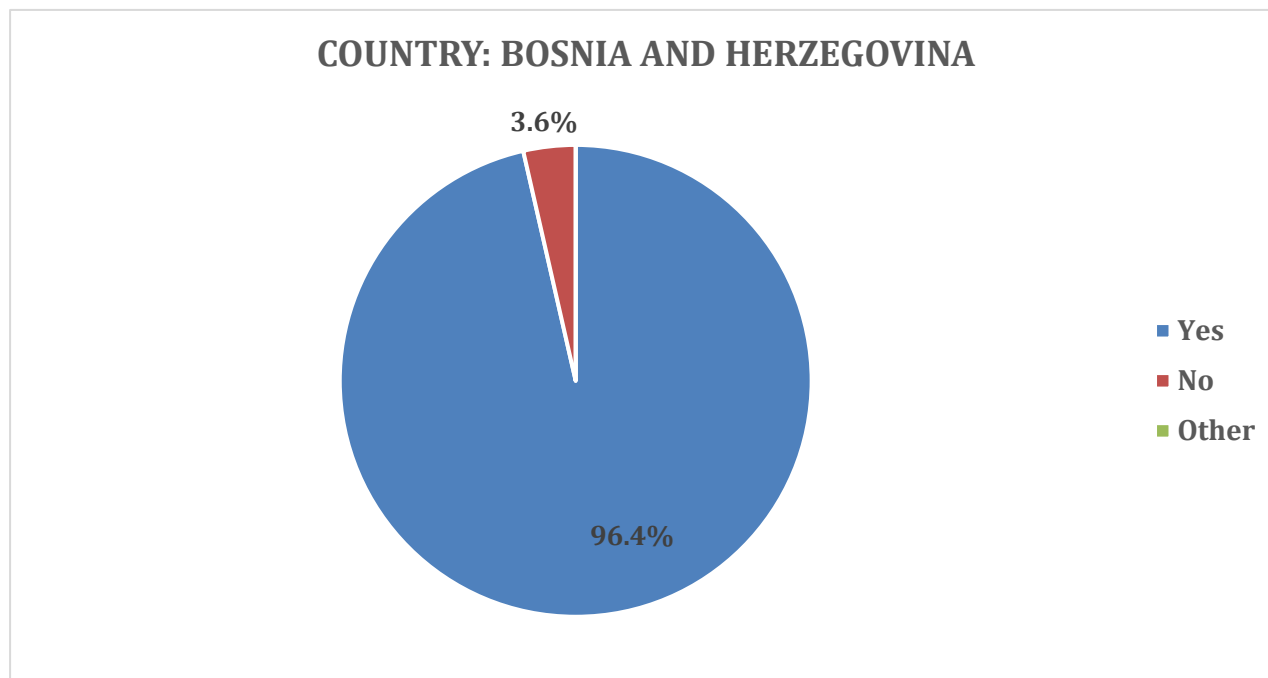


### Summary:

The response from Kosovo strongly advocates for increased involvement of national federations in initiating projects aimed at enhancing the inclusion of underrepresented groups in sports. They believe such projects are crucial for breaking down barriers and creating a more diverse and inclusive sporting environment.



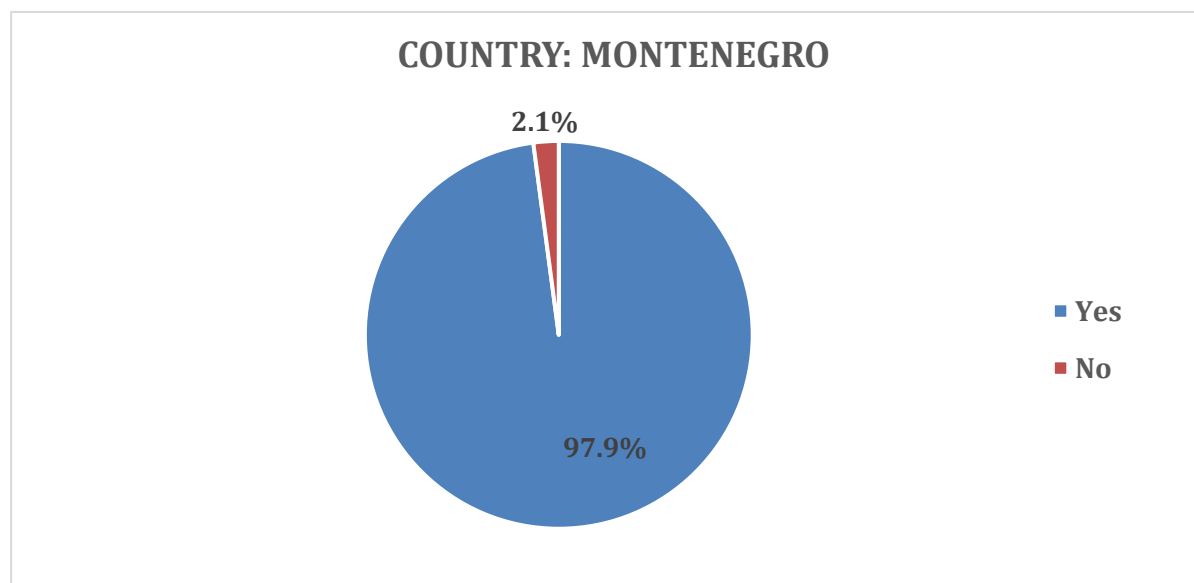
## BOSNIA AND HERZEGOVINA (responses from BOSNIA and Hercegovina)



### Summary:

According to responses from Bosnia and Herzegovina, 96.4% of respondents believe that more projects from national federations are necessary to significantly increase the inclusion of underrepresented groups, while only 3.6% disagree with this notion. This overwhelming majority suggests a strong belief in the potential of such projects to enhance inclusion efforts in the country.

## MONTENEGRO (responses from Montenegro)



**Summary:** According to responses from Montenegro, 97.9% of participants believe that more projects from national federations are necessary to increase the inclusion of underrepresented groups, while only 2.1% disagree with this notion. This overwhelming majority suggests strong support for the idea that such projects can significantly enhance the inclusion of underrepresented groups.

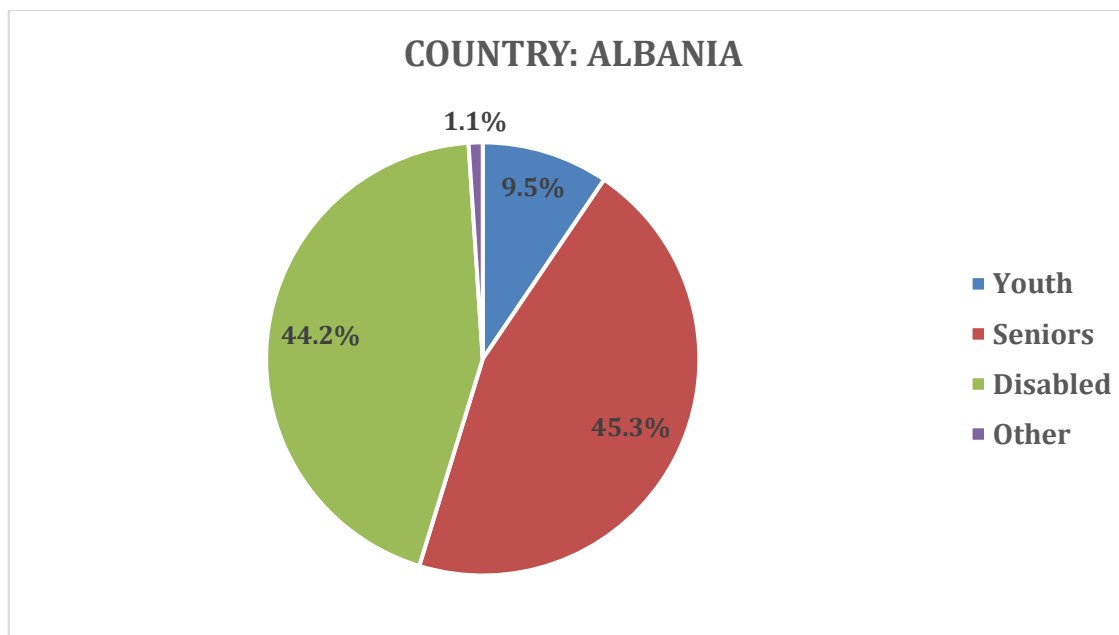
### General Summary:

The responses from Albania, Kosovo, Bosnia and Herzegovina, and Montenegro overwhelmingly support the idea that more projects from national federations are necessary to significantly increase the inclusion of underrepresented groups in sports. In all four countries, a vast majority of respondents believe in the potential of such projects to break down barriers and create a more diverse and inclusive

sporting environment. These findings indicate a strong consensus on the importance of national federations taking proactive steps to promote inclusion and diversity within their respective sporting communities.

**7. Which groups of people do you think have the least opportunities to participate in sports/physical activity in your country?**

**ALBANIA** (responses from Albania)



**Summary:**

According to the responses from Albania:

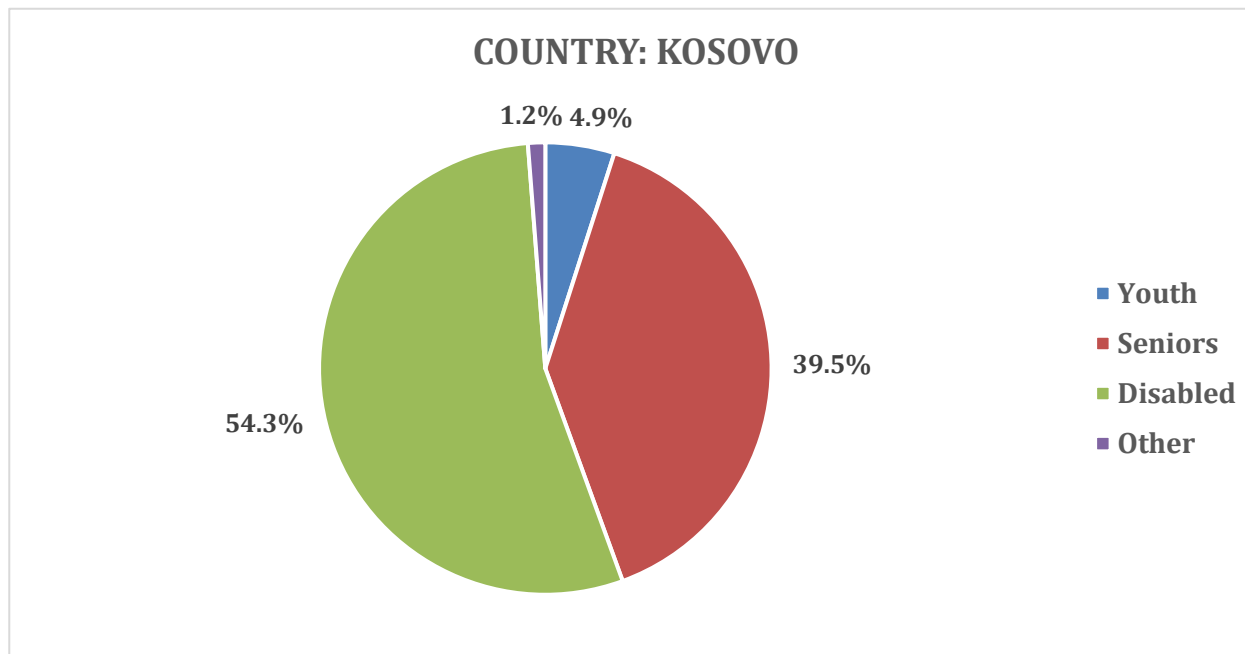
- 9.5% of respondents believe that youth have the least opportunities to participate in sports/physical activity.



- 45.3% of respondents believe that seniors have the least opportunities to participate in sports/physical activity.
- 44.2% of respondents believe that disabled individuals have the least opportunities to participate in sports/physical activity.

**KOSOVO** (responses from Kosovo)

Other: Children

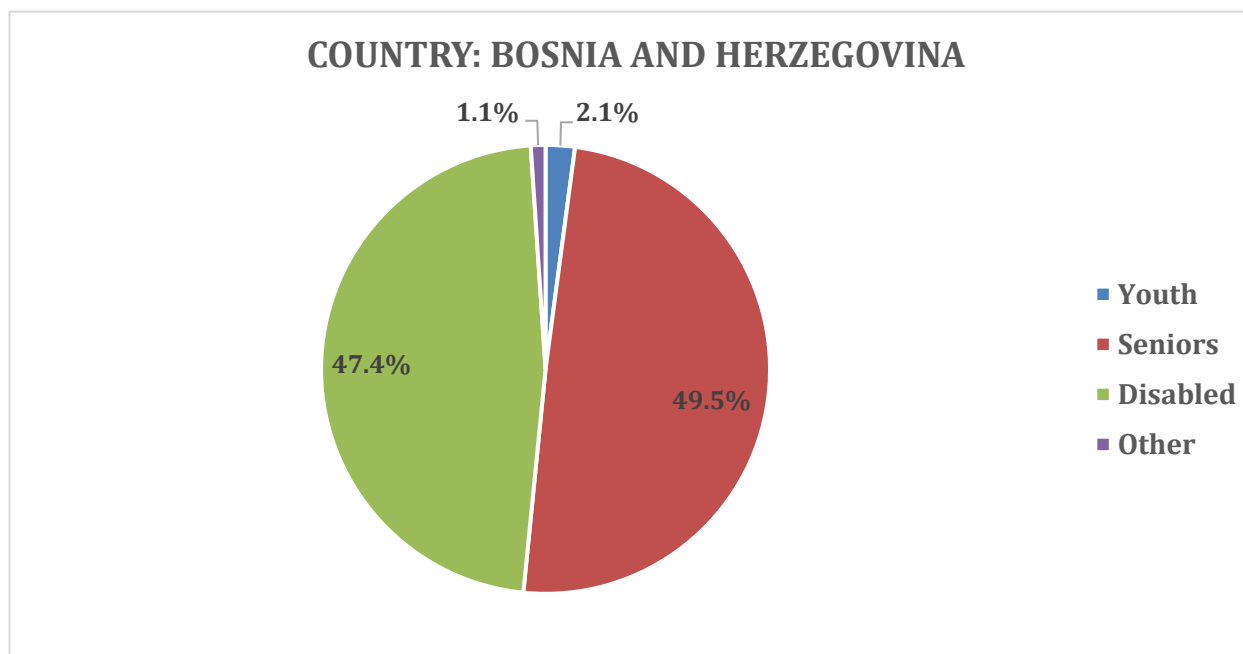


**Summary:**

The survey results from Kosovo suggest that seniors and disabled individuals are perceived to have the least opportunities to participate

in sports or physical activities. Specifically, 39.5% of respondents identified seniors and 54.3% identified disabled individuals as facing significant barriers to engaging in such activities. This indicates a prevailing belief among respondents that these groups encounter substantial challenges in accessing sports or physical activities in Kosovo.

**BOSNIA AND HERZEGOVINA** (responses from BOSNIA and Herzegovina)



**Summary:**

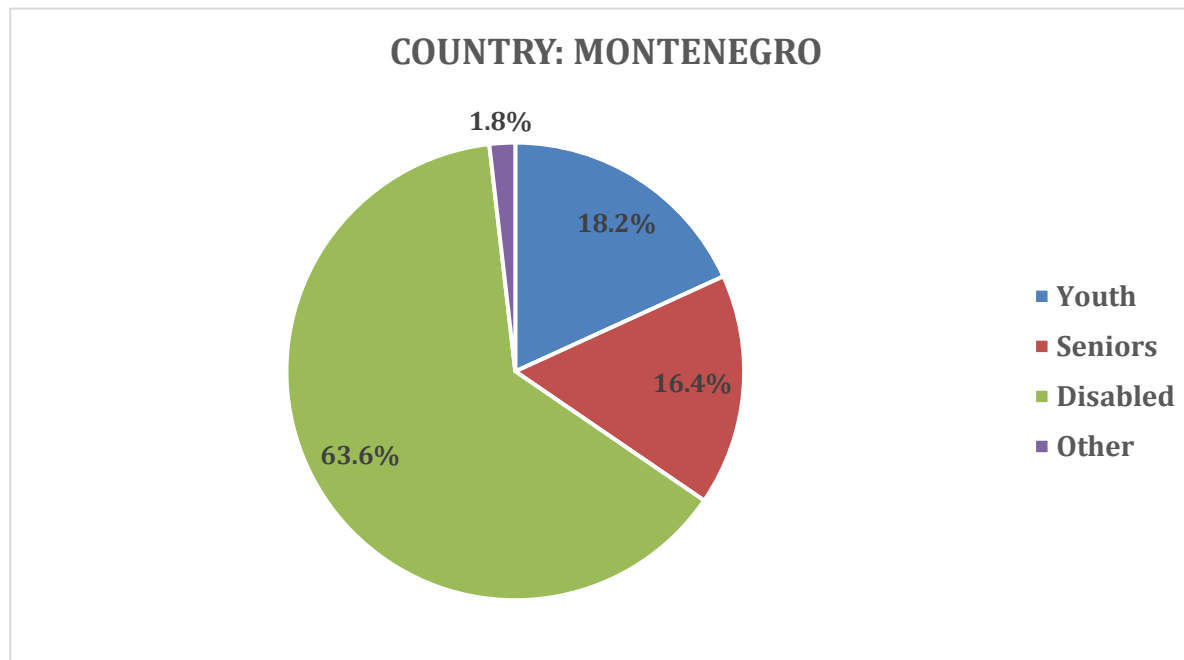
According to the responses from Bosnia and Herzegovina, the group perceived to have the least opportunities to participate in sports/physical activity are seniors, with 49.5% of respondents selecting this option. Following closely behind are individuals with



disabilities, with 47.4% of respondents indicating they have limited opportunities to participate. Youth and other groups were chosen by only a small percentage of respondents, suggesting they have comparatively more opportunities for participation.

**MONTENEGRO** (responses from Montenegro)

**Other:** Children



**SUMMARY:**

*In Montenegro, respondents identified disabled individuals as facing the most significant barriers to participating in sports or physical activities, with 63.6% selecting this group. Following that, youth (18.2%) and seniors (16.4%) were also perceived as facing challenges in*



accessing opportunities for participation. A small percentage (1.8%) selected "Other," with children being included in this category.

**General Summary:** Across Albania, Kosovo, Bosnia and Herzegovina, and Montenegro, perceptions regarding groups with the least opportunities to participate in sports or physical activities vary. In Albania, seniors are seen as facing the greatest barriers, followed closely by disabled individuals, with youth perceived to have comparatively more opportunities. Similarly, in Kosovo, seniors and disabled individuals are identified as encountering significant challenges in accessing sports or physical activities, indicating a consensus among respondents on the limited opportunities for these groups. Bosnia and Herzegovina reflects a similar sentiment, with seniors and individuals with disabilities perceived as having the least opportunities for participation. In Montenegro, disabled individuals are perceived to face the most significant barriers, followed by youth and seniors, suggesting a widespread acknowledgement of the challenges these groups encounter in accessing sports or physical activities. Overall, these findings underscore the need for targeted efforts to address barriers and enhance inclusivity in sports and physical activity programs, particularly for seniors, disabled individuals, and youth across the region. Efforts to increase accessibility and promote diversity in sports and physical activities are crucial to ensuring equitable opportunities for all members of society to engage in healthy and active lifestyles.

## 4. Discussion

The discussion provides valuable insights into grassroots sports development across Albania, Kosovo, Bosnia and Herzegovina, and Montenegro, highlighting common trends and variations in perceptions and experiences within the region.

Firstly, there is unanimous agreement among respondents regarding the definition of grassroots sports, emphasizing its importance in fostering inclusivity and recognizing the multidimensional nature of sports experiences. However, a dissenting opinion from Albania raises concerns about the term 'people' lacking inclusivity and the need to acknowledge the mental aspects of sports alongside the physical.

The importance of grassroots sports development programs is underscored by the prioritization of creating inclusive communities, identifying talent, and raising awareness of healthy lifestyles across all regions. While there is consistency in recognizing these factors, there are variations in the importance placed on promoting national efforts and fostering a culture for physical education and sport, highlighting the diverse perspectives within the region.

Football emerges as a prominent sport in grassroots inclusion projects across all countries, with positive experiences reported by respondents. Additionally, specialized initiatives such as Wheelchair Basketball in Bosnia and Herzegovina and dance programs in Albania contribute to inclusive experiences.

Respondents generally find grassroots sports' promotional programs to be fun and engaging, indicating their effectiveness in capturing interest and participation. This positive perception reflects the potential of these programs to promote sports involvement and healthy lifestyles.

The overwhelming support for more projects from national federations to increase the inclusion of underrepresented groups underscores the recognition of their pivotal role in fostering diversity and inclusivity in sports.

Perceptions regarding groups with the least opportunities to participate in sports or physical activities vary, with seniors, disabled individuals, and youth commonly identified as facing significant barriers. This highlights the need for targeted efforts to address these challenges and promote equal access to sporting opportunities for all members of society.

Overall, the discussion underscores the importance of grassroots sports development in promoting inclusivity, fostering healthy lifestyles, and addressing barriers to sports participation across the region. It emphasizes the need for collaborative efforts involving national federations, local organizations, and communities to create diverse and inclusive sporting environments.



## 5. Summary of main challenges of grassroots sports

### 5.1 Summary of the results of the comparative analysis

The comparative analysis conducted across Albania, Kosovo, Bosnia and Herzegovina, and Montenegro provides valuable insights into the state of grassroots sports development in these regions. Key Findings:

1. **Inclusivity Priority:** Across all regions, there is a shared emphasis on creating inclusive communities for underrepresented groups in sports. This includes youth, disabled individuals, seniors, and women. The importance of ensuring equal access to sports opportunities is widely recognized.
2. **Talent Identification:** Identifying and nurturing young talent for various sports is considered crucial in all regions. Efforts are made to provide avenues for skill development and advancement, indicating a commitment to fostering athletic potential.
3. **Awareness Raising:** Raising awareness of the benefits of physical activities and healthy lifestyles is a common goal across the surveyed regions. Educational campaigns aim to promote active living and overall wellness among community members.
4. **Promotion of Country Efforts:** While the promotion of national sports initiatives is generally deemed important, there are variations in the perceived significance of this aspect across regions. Kosovo places a higher emphasis on promoting the country's efforts compared to Montenegro.
5. **Culture for Physical Education and Sport:** The importance of fostering a culture for physical education and sport varies across regions. Kosovo and Montenegro prioritize this aspect more than Albania and Bosnia and Herzegovina, where other factors take precedence.
6. **Healthy Lifestyle Awareness:** While raising awareness of a healthy lifestyle is considered crucial in all regions, Montenegro places the highest emphasis on this aspect compared to the other regions.

### Good Practices Identified:

1. **Inclusive Community Building:** Initiatives focusing on creating inclusive environments for underrepresented groups are widespread. These efforts aim to foster a sense of belonging and participation among diverse communities.
2. **Talent Identification Programs:** Effective programs for identifying and developing young athletes are implemented across regions, indicating a commitment to nurturing sporting talent.
3. **Awareness Campaigns:** Various awareness campaigns are conducted to promote the benefits of physical activity and healthy lifestyles. These initiatives aim to instil a culture of wellness and fitness within communities.
4. **Partnerships and Collaborations:** National federations collaborate with local organizations, schools, and community groups to expand outreach and ensure the effectiveness of grassroots sports programs.
5. **Specialized Initiatives:** Specialized programs, such as wheelchair basketball and dance programs, cater to specific needs and interests of underrepresented groups. These initiatives enhance inclusivity and diversity in sports participation.

Overall, the comparative analysis underscores the importance of tailored approaches to grassroots sports development, considering regional priorities and challenges while striving for inclusivity and equal access for all individuals interested in sports and physical activities.

## 5.2 The main highlights of the findings

### Main Highlights of Comparative Analysis Findings:

1. **Unified Priority on Inclusivity:** Across Albania, Kosovo, Bosnia and Herzegovina, and Montenegro, there is a clear consensus on the importance of inclusivity in grassroots sports development. Creating an inclusive community for underrepresented groups is a shared priority, reflecting a commitment to equal access and participation in sports.
2. **Diverse Regional Emphases:** While inclusivity is a common goal, there are differences in regional emphases. For instance, Kosovo places higher importance on promoting national sports efforts, while Montenegro prioritizes raising awareness of healthy

lifestyles. These differences suggest that strategies for promoting grassroots sports may need to be tailored to regional contexts.

3. **Consistent Focus on Talent Identification:** Identifying young talent for various sports emerges as a consistent priority across all regions. This emphasis underscores the importance of nurturing athletic potential and providing opportunities for skill development and advancement.
4. **Awareness Raising for Healthy Lifestyles:** Raising awareness of the benefits of physical activity and healthy lifestyles is deemed crucial in all regions, with Montenegro placing particular emphasis on this aspect. This highlights a collective recognition of the role of education and promotion in fostering active living.
5. **Challenges Faced by Underrepresented Groups:** Seniors and disabled individuals are consistently identified as facing barriers to sports participation across all regions. This indicates a need for targeted efforts to address these challenges and enhance inclusivity in sports programs.
6. **Positive Reception of Grassroots Sports Promotion:** Grassroots sports' promotional programs are generally well-received across the surveyed regions, with respondents finding them fun and engaging. This suggests that promotional efforts play a vital role in capturing interest and participation in sports activities.
7. **Call for More National Federation Projects:** Respondents overwhelmingly support the idea that more projects from national federations are needed to increase the inclusion of underrepresented groups in sports. This reflects a widespread belief in the potential of such projects to break down barriers and create a more diverse and inclusive sporting environment.

### 5.3 The main challenges in grassroots sports in the Balkan region

The main challenges in grassroots sports in the Balkan region (Albania, Kosovo, Bosnia and Herzegovina, and Montenegro) include:

1. **Limited Inclusivity and Recognition:** Despite the general agreement on the definition of grassroots sports, there are dissenting opinions, particularly from Albania, highlighting concerns about inclusivity and the holistic nature of sports experiences. This

suggests a challenge in ensuring that grassroots sports programs cater to diverse populations and recognize the multidimensional aspects of sports.

2. **Socio-Economic Barriers:** Economic disparities within the region can limit access to sports programs and infrastructure, particularly for underprivileged communities. Affordability issues related to equipment, coaching fees, and transportation pose challenges to participation, especially for economically disadvantaged individuals.
3. **Inadequate Institutional Support:** Grassroots sports initiatives may struggle to receive sufficient support and recognition from governmental bodies and sporting organizations. This lack of institutional backing can hinder the implementation of effective programs and policies aimed at promoting sports participation at the community level.
4. **Limited Resources and Infrastructure:** Inadequate sports facilities and infrastructure present significant obstacles to grassroots sports development. Many communities lack proper facilities for training and competitions, which can restrict access to sports activities for individuals across all age groups.
5. **Social and Cultural Norms:** Prevailing social and cultural norms may influence perceptions of sports participation, particularly among marginalized groups such as women, seniors, and individuals with disabilities. Overcoming traditional gender roles and cultural barriers is essential for promoting inclusivity and diversity in grassroots sports.
6. **Geographical Challenges:** The geographical landscape of the Balkan region, characterized by mountainous terrain and dispersed rural communities, can pose logistical challenges for organizing sports activities and reaching remote populations. This geographical diversity requires tailored approaches to ensure equitable access to sports programs across different regions.

Addressing these challenges requires collaborative efforts among governments, sporting organizations, NGOs, and local communities to invest in infrastructure, provide inclusive opportunities, and prioritize grassroots sports development as a means of fostering social cohesion and healthy lifestyles across the Balkan region.

#	Country	Main Challenges in Grassroots Sports
1	<b>Albania</b>	Limited inclusivity and recognition pose challenges in ensuring that grassroots sports programs cater to diverse populations and recognize the holistic nature of sports experiences. Economic disparities may hinder access to sports programs and infrastructure, particularly for underprivileged communities.
2	<b>Kosovo</b>	Socioeconomic barriers, including affordability issues related to equipment, coaching fees, and transportation, limit access to sports programs for economically disadvantaged individuals. Prevailing social and cultural norms may influence perceptions of sports participation, particularly among marginalized groups such as women, seniors, and individuals with disabilities.
3	<b>Bosnia and Herzegovina</b>	Limited institutional support may hinder the implementation of effective grassroots sports programs and policies, impacting access to sports participation at the community level. Inadequate sports facilities and infrastructure present significant obstacles to grassroots sports development, restricting access for individuals across all age groups.
4	<b>Montenegro</b>	Geographical challenges, such as mountainous terrain and dispersed rural communities, pose logistical obstacles to organizing sports activities and reaching remote populations. Limited resources and funding opportunities may restrict the development of infrastructure, training programs, and outreach efforts essential for fostering sports participation.

## 6. Conclusion

### 6.1 Albania

In conclusion, the importance of grassroots sports development programs in Albania is underscored by their role in fostering inclusivity, engaging underrepresented groups, and promoting healthy lifestyles. The prioritized aspects identified by Albanian students highlight the significance of creating a culture for physical education and sport, identifying young talent, and raising awareness of healthy lifestyles. While there is notable engagement with disabled individuals and the elderly/senior population in various sports initiatives, there's room for improvement in enhancing women's participation. Football emerges as the most positively experienced sport, followed by basketball, indicating the effectiveness of these programs in engaging participants. Respondents generally find grassroots sports' promotional programs to be enjoyable and engaging, suggesting their potential to capture interest and participation.

Moreover, there is overwhelming support for more projects from national federations to increase the inclusion of underrepresented groups, with a belief in their potential to positively impact inclusion efforts. The perception that seniors and disabled individuals face the least opportunities to participate in sports or physical activities indicates the need for targeted interventions to address barriers and enhance accessibility. Overall, the findings emphasize the importance of continued efforts in grassroots sports development to promote inclusivity, diversity, and equitable access to sporting opportunities for all members of society in Albania.

### 6.2 Kosovo

In Kosovo, grassroots sports development programs are regarded as essential for fostering inclusivity, promoting physical activity, and identifying talent. Students prioritize creating an inclusive community, fostering a culture for physical education and sport, and



identifying young talent as crucial aspects of these programs. Youth participation dominates across various sports, with varying levels of involvement from disabled individuals, the elderly/senior population, and women, highlighting the need for targeted efforts to enhance inclusivity. Football emerges as the sport with the most positive experiences in grassroots inclusion projects, followed by volleyball, basketball, and handball. The overwhelming majority of respondents find grassroots sports' promotional programs to be fun and engaging, indicating their effectiveness in capturing interest and participation. There is strong support for increased involvement of national federations in initiating projects to enhance the inclusion of underrepresented groups, with a recognition of their potential to break down barriers and create a more diverse and inclusive sporting environment. Seniors and disabled individuals are perceived to face significant barriers to participating in sports or physical activities, emphasizing the need for targeted interventions to improve accessibility and promote inclusivity in Kosovo's sporting landscape. Overall, the findings underscore the importance of grassroots sports development in fostering inclusivity, promoting physical activity, and creating opportunities for all members of society to engage in sports and physical activities in Kosovo.

### **6.3 Bosnia and Herzegovina**

In Bosnia and Herzegovina, grassroots sports programs are considered crucial for fostering inclusivity, promoting physical activity, and identifying talent. Students prioritize creating an inclusive community, fostering a culture for physical education and sport, and identifying young talent as essential aspects of these programs. Notably, there is a strong focus on involvement from disabled individuals and the elderly/senior population across various sports, highlighting the importance of catering to underrepresented groups. Football and volleyball emerge as the most prominent sports in providing positive inclusion experiences, with Wheelchair Basketball and dance initiatives also recognized for their positive impact. Most respondents find grassroots sports' promotional programs to be fun and engaging, indicating their effectiveness in capturing interest and participation. There is overwhelming support for more projects from national federations to enhance inclusion efforts, with a belief in their potential to address barriers and create a more inclusive sporting environment. Seniors and individuals with disabilities are perceived to face the greatest challenges in accessing sports or physical activities, emphasizing the need for targeted interventions to improve accessibility and promote inclusivity. Overall, the findings



underscore the importance of grassroots sports development in Bosnia and Herzegovina for fostering inclusivity, promoting physical activity, and ensuring equitable opportunities for all members of society to engage in sports and physical activities.

## 6.4 Montenegro

In Montenegro, grassroots sports development programs play a crucial role in fostering inclusivity, promoting physical activity, and addressing the needs of underrepresented groups. Students prioritize creating an inclusive community, fostering a culture for physical education and sport, and identifying young talent as the most important aspects of these programs. Various sports, including football, basketball, volleyball, handball, judo, and karate, actively engage in initiatives targeting youth, disabled individuals, the elderly/senior population, and women, reflecting a commitment to diversity and inclusion. Basketball and football emerge as the sports with the highest positive experiences in grassroots inclusion projects, with involvement from organizations such as the Football Association of Montenegro and local sports associations. Most respondents find grassroots sports' promotional programs to be fun and engaging, highlighting their effectiveness in capturing interest and participation. There is overwhelming support for more projects from national federations to enhance inclusion efforts, indicating a belief in their potential to significantly increase the inclusion of underrepresented groups. Disabled individuals are perceived to face the most significant barriers to sports participation, followed by youth and seniors, emphasizing the need for targeted interventions to improve accessibility and promote inclusivity. Overall, grassroots sports programs in Montenegro are recognized as vital tools for promoting equity, diversity, and active lifestyles throughout the country.

## General conclusion

The collective responses from Albania, Kosovo, Bosnia and Herzegovina, and Montenegro provide valuable insights into the perceptions and practices surrounding grassroots sports development in the region. While there is a unanimous agreement on the definition of grassroots sports, a dissenting opinion from Albania underscores the importance of inclusivity and recognition of the multidimensional nature of sports experiences.



Across these regions, there is a consensus on the importance of grassroots sports programs in fostering inclusivity, promoting physical activity, and addressing the needs of underrepresented groups. Creating an inclusive community for marginalized demographics is prioritized, along with identifying young talent and raising awareness of the benefits of physical activities. While there are variations in the importance placed on promoting the country's efforts and culture for physical education and sports, the overall commitment to enhancing grassroots sports development remains evident.

Involvement in grassroots inclusion projects spans various sports and underrepresented groups, highlighting a concerted effort to promote diversity and equal access to sporting opportunities. Football emerges as a consistently positive experience, supported by initiatives from national federations and local organizations. Grassroots sports' promotional programs are generally perceived as fun and engaging, indicating their effectiveness in capturing participants' interest across the region.

Respondents overwhelmingly support the need for more projects from national federations to increase the inclusion of underrepresented groups in sports. Seniors and disabled individuals are commonly identified as facing the greatest barriers to sports participation, emphasizing the importance of targeted interventions to enhance inclusivity and accessibility.

In conclusion, the findings underscore the significance of grassroots sports development in promoting equity, diversity, and active lifestyles across Albania, Kosovo, Bosnia and Herzegovina, and Montenegro. While there are areas of divergence, such as the prioritization of certain aspects and perceptions of barriers to participation, the collective commitment to enhancing inclusivity and equal opportunities in sports is evident. Moving forward, concerted efforts from national federations, local organizations, and communities will be essential to further advancing grassroots sports development and ensuring that all individuals have the opportunity to participate in and benefit from sporting activities.

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