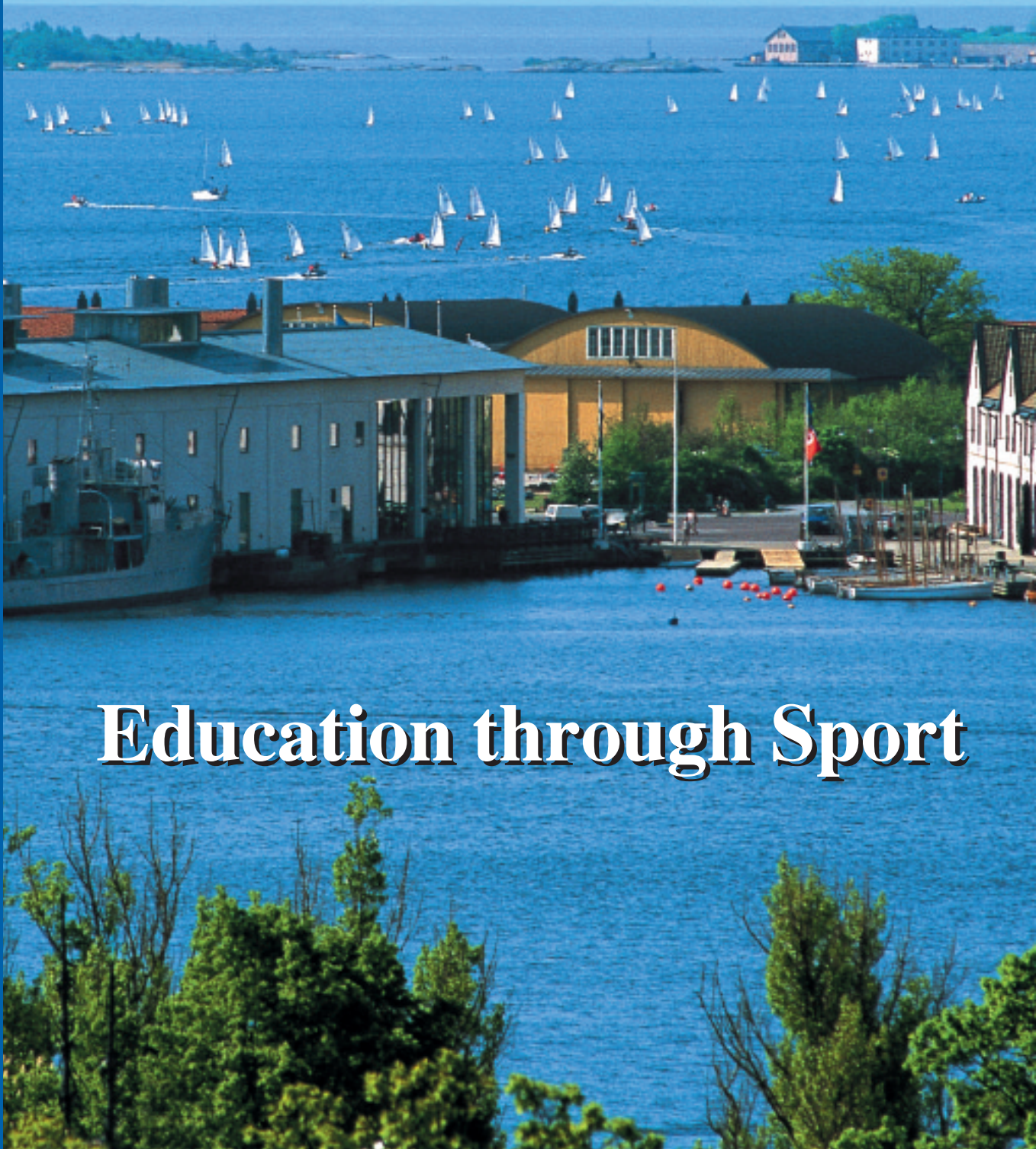




Baltic Cities

Bulletin
2 / 2004

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Education through Sport

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COVER PICTURE
A view from
Bryggareberget - an
entrance to Karlskrona
Photo by Birger Lallo

Baltic Cities Bulletin

Dear UBC Friends,

It has become a tradition for the Council of European Union to encourage people and organisations to undertake positive actions by promoting different ideas and values each particular year. This year the Council together with the European Parliament decided to announce the European Year of Education through Sport. The main objective of this year is to sensitize European public to the importance of sport as an educational tool. This bulletin shows how many sport events promoting educational values are organised in the UBC member cities.

I am writing these words shortly after the 41st UBC Executive Board meeting in Riga which raised a great interest among cities - over 70 delegates from 32 member cities participated in an open part of that meeting. The meeting treated several important issues. I am happy to inform you that the Union received an observer status to the Committee of the Regions which proves that Brussels recognizes the work carried out by our organisation. Through the participation in the CoR Plenary Sessions UBC will have a chance to influence the work and policies of the important EU institution.

The Board in Riga decided that the theme of the VIII General Conference Turku 2005 will concern the transportation corridors in the Baltic Sea Region. UBC realises that improvement of transportation corridors is vital for further development of the whole region. UBC received the EC consultation document on "Motorways of the Seas" concept to be financed through the revised TEN-T Guidelines. UBC welcomes the Commission's implementation framework of the "Motorways of the Seas" and hopes it will contribute to the improvement of intermodal transportation systems in our region. UBC Logistics Task Force invites member cities to Brussels on 24 November to discuss how we can benefit from the EU resources allocated to this initiative. UBC cities are also invited to the conference "Baltic Sea Region - Perspective 2010", Brussels 23 November, at the premises of the CoR. The conference is co-organised by several Brussels offices of our member cities. The aim of this event is to promote the BSR amongst the Brussels policy actors - politicians, representatives of EU institutions, business community, NGOs, media. UBC will take an active part in this important forum.

This summer UBC signed the cooperation agreement with Conference of Atlantic Arc Cities. Our cooperation with CAAC is twofold - lobbying for cities interests and joint projects between our cities. Acting together make our voice stronger in Brussels. UBC and CAAC prepared a comment on EC communication "Dialogue with associations of local authorities on the formulation of EU policy". In this paper the Commission informed about launching annual hearings for associations to inform them about major EU policy initiatives that have a significant local impact. In the joint statement sent to the EC President we welcomed an opportunity to meet the Commission on regular basis and at the same time we expressed opinion that organisations should not only be informed about EU policies but also should be given a chance to influence them. Our reaction was noted in Brussels. Director General of Regional Policy replied in a letter that annual meetings "will offer the opportunity to the associations to inform the Commission about expectations of their members concerning the development of EU policies".

The Board in Riga once again raised the issue of maritime borders in the BSR. UBC calls the European Commission to treat the maritime borders in the BSR in similar way as the land borders. We oppose the limit of 150 km. In case of BSR such distance cannot be set definitely. We expect a more flexible approach taking into account historical, social and economical factors, in order to support the cross sea-border cooperation between the Baltic cities. UBC cooperates closely with the Council of Baltic Sea States. In Riga the chairman of CBSS Committee of Senior Officials presented the priorities of new CBSS Presidency (Poland) and informed the UBC Board about current CBSS initiatives. Furthermore, the leaders of 11 UBC commissions/networks presented the annual activity reports since the General Conference in Klaipėda. For me it is very encouraging to see the vast range of projects, activities and events carried out by our commissions and networks.

Per Bødker Andersen
UBC President



Kolding, November 2004



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Children are encouraged to move, „Wonderland of Children's Motion“, Turku



The 41st UBC Executive Board meeting took place in Riga on 16 October 2004



The TBestC photo taken during the study tour to U.S. Washington D.C. in September 2004. The group at the Chesapeake Bay foundation's Eco-building.



UBC Commission on Transportation during the bicycle workshop in Örebro, 6 September, 2004

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I. EDUCATION THROUGH SPORT

EUROPEAN YEAR OF EDUCATION THROUGH SPORT 2004

From the beginning of our existence children's games are aimed at body and motor skill training, as children are getting ready for life's battle. First, sport games were like a matriculation exam for tribal youth and they were alike on every continent. Running and swimming, strength and stamina, eye certainty and the ability to concentrate, quickly determined a basic skill canon acquired at elementary school. The more cultures developed, the more complex sports appeared.

The meaning of the word "sport" reaches as far as the times when its idea was not known. Nowadays, a sport phenomenon may be defined according to the following two ideas:

- name – for more than five billions inhabitants of the Earth, the word sport means and evokes the same

- principles – a set of the same rules is commonly applied all over the World.

The majority of people associates sport with competition, with rivalry based on massive efforts of competitors, in which the most popular assessment is the result

achieved by sportsmen. It should be however emphasized that sport is not a phenomenon based merely on victory or defeat, but it has numerous values being of crucial importance to the development of personality. Sport offers a lot of possibilities, among others those of cultural, social and educational character. The development of civilisation has increased threats to mankind.

A hectic pace of life, weak family bonds, accelerated process of physical maturation

of young people which is not equivalent to emotional one, these are just a few reasons for pathologies. And consequently, methods of healing the society as well as ideas of universal values, which might positively influence people's lifestyles, are searched for more and more intensively. These values are inherent in

sport: ideas of peace, fair and healthy competition, effort and sacrifice. It stimulates the development of both individuals as well as whole societies.

In the recent years one has discussed and stressed possibilities of using sport in education and teaching of children and youngsters, particularly in the form of physical education (PE) classes, sports training both in amateur and professional clubs.

PE classes at school play an important role in contemporary teaching and developing social skills. Thus, physical education at school needs to be enriched by new values, forms and reaction methods, creation of new conditions of



*Move your body,
stretch your mind*

development, possibilities of choosing. Sport as a factor in the development of a man may inspire to various forms of activities; it may be a source of joy. It should stimulate and strengthen the motivation to work on self-improvement.

Amateur and professional sport, which involves mainly young people, should promote and teach mutual understanding, friendship, respect and fair play as well as forge peaceful bonds. Apart from the development of physical possibilities, it watches over the moral development of sportsmen, which is an indispensable part of each person's personality.

One should remember that sports education influences not only the above mentioned human personality but also man's mobility which in turn constitutes an integral factor of a healthy lifestyle. Without it an appropriate development of future generations is not possible. The phenomenon of movement accompanies people during their lives, and life processes are connected with constant movement.

Aware of the role and value of sport, the Council of the European Union and the European Parliament decided to establish the *European Year of Education through Sport 2004* (EYES 2004).

"Move your body, stretch your mind" was chosen as the motto of the year, and its logo was designed by Julia Kotulla, Student of Communication Designs at the University of Arts at Berlin-



Opening of a bicycle path in Gdynia (second to the left: W. Szczurek, Mayor of Gdynia, second to the right: B. Łęgowska, UBC Commission on Sport Chairperson



Weissensee, Germany.

The main objective of the campaign is to sensitise the European public to the importance of sport in an educational context as well as to increase the significance of sports activities in school curricula.

The main aims of the European Year of Education through sport are as follows:

1. to raise the awareness of educational and sports organisations of the need for cooperation to develop education through sport and its European dimension, bearing in mind the great interest shown by young people in all types of sports;

2. to take advantage of the values conveyed by sport to increase knowledge and skills, enabling young people to develop their physical capabilities and inclination to personal effort, as well as social capabilities such as teamwork, solidarity,

tolerance and fair play in a multicultural context;

3. to raise awareness of the positive contribution made by voluntary work to informal education, particularly for young people;

4. to promote the educational value of mobility and pupil exchanges, particularly in a multicultural environment, through the organisation of sports and cultural meetings as part of school activities;

5. to encourage the exchange of good practice concerning the potential role of sport in education systems in order to promote the social inclusion of disadvantaged groups;

6. to establish a better balance between intellectual and physical activities during school life by encouraging sport in school activities;

7. to examine the problems linked to

the education of young sportsmen and women engaged in competitive sport.

Among numerous institutions which have actively joined in the celebrations of 2004 as the European Year of Education Through Sport, there is also UBC Commission on Sport which announced a grant competition entitled *European Year of Education Through Sport*. And this bulletin is devoted to experiences of local authorities in respect to the organisation of sports activities among the inhabitants, both young and elderly ones, living in UBC member cities.

Ms Beata Łęgowska
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UBC COMMISSION ON SPORT IN ACTION 2004

As a part of the celebrations of the European Year of Education through Sport, the Commission decided to award grants for the organisation of sporting events with special emphasis put on counteracting social exclusion of socially disadvantaged groups. It is the aim of the a/m grants to raise awareness among educational and sporting organisations in order to stimulate their cooperation in the field of education through sport. Awarding grants also aims at promoting values of sport and increasing the number of school and sports exchanges among young people.

In the year 2004 UBC Commission on Sport allocated 6 grants of total amount of 5 000 EUR.

“Move your body, stretch your mind” grants were awarded for the organisation of projects combining sports values with educational aspect.

Among the awarded projects there were:

- „Healthy Mind and Sporty Body”, Jõhvi, Estonia

- „European Mobility Week 2004 in Chojnice”, Chojnice, Poland

- „Education and Sport - a Task for Everybody”, Rostock, Germany



In 2004 the UBC Commission on Sport allocated several grants for the sport events which took place in UBC cities. In the photo: “Encouraging sportsmen”, Šiauliai, Lithuania

- „My yard - a different yard - crackdown programme against social maladaptation of difficult youth”, Gdynia, Poland

- „Sports and Community - Manifest of Successful and Targeted Partnership”, Šiauliai, Lithuania

- „Days of Narva”, Narva, Estonia.

The Commission on Sport would like to encourage UBC member cities who have not been so far actively involved in the work of the Commission to take part in the next Commission’s meeting in 2005.



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INTEGRATION THROUGH SPORT



Within the existing framework of voluntary organisations and cultural diversity the Department of Cultural Affairs is running a project which aim is to increase the participation in voluntary associations among children and young people. Especially among children and youth from ethnic minorities the effort will be strengthened, as their participation in the associations is very insufficient.

The survey of January 2003 reports that young girls from the third world countries in Aalborg are almost non-existing in the Danish sports associations. Failure to reverse this development will have severe consequences in the future.

The voluntary associations are strengthening popular education with activities and binding fellowships, thus improving the ability and desire to take

responsibility for own lives and play an active and committed part in the society.

Sport is a universal integration tool. A multicultural society and intercultural communication are highly complex entities. Sport, however, is based on common rules, interest and a familiar setting. An Indian chess player can without difficulties or cultural understanding play a game of chess against a player from Denmark. Sport in this sense



Sport increases participation in voluntary associations among children and young people, especially among those from ethnic minorities

makes people bilingual.

Working with youth and associations requires an extensive cooperation between schools, local authorities, parents/families, local associations, national federations, youth centre and the project manager. Since 1999 the City of Aalborg has made an extraordinary effort to promote education and integration through sport. Aalborg has a varied and wide range of associations (ca. 500) helping to provide citizens with opportunities for active participation in recreational activities of every kind.

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AN HOUR A DAY AT MINDE SCHOOL

Based on the knowledge that physical activity is important for children's development of both mental, physical and social skills, we formulated the aim that each child in our school should exert some kind of physical activity at least one hour a day during the school hours. The most inactive children should be stimulated to achieve this. This decision was made in agreement with the parents and the students' councils.

The school of about 300 students has



The playground and forest are utilised as much as possible in outdoor classes in order to stimulate the most inactive children

an old building and a flat, paved playground. In fact, the facilities are not optimal for physical activities. However, the nearby forest with trails and fields is used extensively. And, we have partially remodelled the playground there.

The physical activities are integrated in as many teaching processes as possible. During the theoretical lessons there are breaks with short periods of singing, jumping and dancing with emphasis on developing sensational and motor competencies. The playground and nearby forest („outdoor classes“) are utilised as much as possible in mathematics, languages and social sciences.

The students have a daily 45 minutes break when they are encouraged to activities such as table tennis, ball games, dancing, or more quiet hopscotch playing. This is increasingly adopted as a result of our building up of attitudes. Our frequent tournaments between teachers and students stimulate the latter to use these hours for training.

Every Friday a steeplechase is arranged in the gymnasium, and all the classes are

given a 15 minutes break to use it. All other activities must be interrupted in favour of this. The event is extremely popular and accompanied by high music, laughter and sweating.

Students in 6th and 7th grades are given opportunity to choose some types of physical activities as part of their curriculum. The most popular choices are an outdoor life and ball games are the most popular. There are special groups for girls since most active boys frequently inhibit them. Once during the spring and autumn semester we arrange a special „sport week“ during which mountain hiking is always included.

Our experience with „sport as an educational tool“ is that it lifts the mood, increases the motivation for learning and facilitates the learning processes.

by Else Lerche Raadal, Principal

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EUROPEAN MOBILITY WEEK

Between 16 and 22
September 2004

Chojnice for the second time participated in "European Mobility Week" and "In town without my car day". With the aim of rising awareness of the consequences of excessive use of private cars, the week draws inhabitants' attention to environmental problems and their impact on their health. The project was supported by the UBC Commission on Sport.

It is believed that there is a link between environmental problems and inhabitants'

lifestyle. An active person is more keen on using bicycle as a means of transport or goes to work by foot. Increase of inhabitants' mobility was the city's aim.

The main activities in the project were proposed by local NGOs, schools, private enterprises and public institutions through a contesting procedure. Over 40 proposals were submitted, of which best proposals were supported by the municipality and conducted during the EMW. With 53 partners involved in EMW, the initiative was open for everybody. For example, at 6 AM every

morning local swimming pool was open for all inhabitants, free of charge. The main activities were conducted by schools and NGOs: contests, games, meetings, lectures - all aimed at promoting healthy and environment friendly life style.

Some of them were innovative, for example, role playing game for students which combined scientific tasks with sport tasks (like orienteering race).

Since the focal theme of this year's EMW was "Safe streets for children" many activities were aimed at completing this task. Most effective were lessons and trainings for young cyclists combined with meetings with police officers, presentations of life-saving equipment and contests.

The media supported the campaign. Everyday local newspaper published an interview with one well-known person presenting their attitudes towards sport and healthy lifestyle. The EMW was concluded with a "In town without my car" day and a meeting of cyclists and pedestrians in the Market Square.

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„In town without my car" gathered many inhabitants



MY YARD - A DIFFERENT YARD

In 1996, the football fans of Arka Gdynia established a rugby club associating presently 250 players of both sexes. The rugby club organizes not only training but also various activities and meetings for both children and youngsters. Three years ago, the club initiated a project entitled "My yard – a different yard". It is a crackdown programme against maladaptation of difficult youth causing educational problems and being extremely aggressive and strong physically.

The aim of the programme is to change their lifestyle and exchange their present yard/playground for a stadium or a swimming pool. Such places are more attractive to young people as they are full of sport and active recreation under the professional supervision of coaches and at the same time there is no alcohol or drugs.

The programme is addressed at the children and youth of 10-18 and provides

for transforming informal groups into teams associated in a club. Project originators not only provide training sessions but also organize meetings with interesting people, summer and winter camps as well as beach tournaments and picnics. While implementing the programme, the organisers closely cooperate with school educators, police and famous sportsmen.

A "Multimedia Cup" beach rugby tournament for amateurs has been organised for three years now during the summer vacations. Each year about 400 children take part in these tournaments.

The best way to educate is through sport which shapes many positive character features, teaches fair-play rules and discipline. Fighting social pathologies and promoting healthy lifestyle through sport is extremely significant. Even among the sportsmen one can find those who caused educational problems in the past. They were a nightmare for schools and housing estates and the terror of the inhabitants.



Young rugby players in Gdynia

Now they are excellent sportsmen, idols of young people and a good example to follow. Thanks to the club and the team they have found their place in the world. The programme "My yard – a different yard" created on the basis of their experience convinces young people to spend free time differently.

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ADVOCATING SPORT

There are many reasons why to advocate a wide participation of adolescents in sport events. As a didactic and educational institution, Gdańsk Interschool Centre of Physical Culture (ICPC) organises, seeks partners and talks parents and teachers into children's sport adventures.

The City Department of Education and Sports, together with the Interschool Centre for Physical Culture prepared a detailed program in connection with the EYES. The year was inaugurated with a conference "EYES 2004 – expectations, activities, results". The participants discussed increasing sport activities in other school subjects, integration of the groups of social risks, sport activation and cooperation of education institutions to mention just a few. At the same time the ICPC carried on in its local sport centres a rich programme inaugurating the EYES with numerous contests, games, feasts for children.

Sport at school includes classes and after classes activities which represent important division of physical training and consists in training and practising various sport disciplines. Many-sided engagement in school sport favour youth physical development, strengthening of

health and shape, fair play, discipline and solidarity.

An essential condition of sport development and its social function is increased rivalry. Therefore, the ICPC has elaborated holistic programme to advocate sport among children and youth. The programme is dedicated to both capable and physically handicapped persons. The aim is to create favourable conditions to maintain and to develop physical skills of the children and youth and to form appropriate competence.

Sport events organised on regular bases constitute an alternative for the methodical work. They are fulfilled with leisure in the form of tournaments, festivity, rallies, marches, contests, displays, etc.

The willingness to improve own results and skills is a very strong impulse, which might be a basic motivation for participation in physical activities. However, there is a certain risk that a sport rivalry and strong desire for winning may lead to unfair behaviour. To avoid such danger, it is necessary to simultaneously carry on with a didactic work to create a positive attitude which is a necessary aspect of a full, joy and fair rivalry i.e. a respect to partners and competitors, being a winner and a loser, confess faulty, following established rules.



One of the tournaments organised by the Interschool Centre of Physical Culture

The sport events calendar prepared for individuals and families creates and develops a system of encouragement to practice sport. The events are divided into sport leisure time and competitions to win a title of master of sport of the city of Gdansk. The Interschool Centre of Physical Culture put into force extension and modernisation of the sport basis: adoption of two sport fields for steeplechase, modernisation of a stadium and building two volleyball fields.

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SPORT COMPETITIONS

The city of Cēsis has good sports traditions. Eleven sports associations operate in the city which organise different events and competitions at all levels.

Traditionally, in the beginning of summer "Cēsis sports festivity" takes place, followed by running "Around Cēsis", and "Janis" that call together hundreds of runners from Latvia and abroad. In the wintertime a special feeling creates night sprint competition in the similar route near the city.

Recent years inconstant winter weather promoted roller skiing. Nowadays this kind of sport is well developed also in summer. This year a World Cup in roller

skiing took place in Cēsis. The other event is international basketball tournament "Cēsis Cup" which is organised every January. Sportsmen from Finland, Estonia, Russia and Lithuania participate in this competition already 7th time.



Shooting area - the National Summer Biathlon Championships of Latvia

Cēsis is not only a professional organiser of international sport events but also takes care of sport education at a high level. Cēsis City Sport School offers variety of sports for the children living in the city and its surroundings. Students can participate in ten professional educational programs.

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HEALTHY MIND AND SPORTY BODIES

This year the *Healthy Mind and Sporty Body* camp on the banks of Lake Peipsi was arranged for both the students of the Jõhvi Sports School as well as for problematic children and disabled ones. The camp offered the teenagers an opportunity to train themselves in sports, develop their social skills through various educational activities, adventure games and practising team work.

The camp was attended by members of the basketball, tennis, athletics and football clubs of Jõhvi Sports School as well as students from the special classes of Jõhvi Secondary School, and the children from the need-driven families. Within that project 200 town students attended the Karjamaa summer camp.

The daily camp life

When the students arrived they were asked to put down their suggestions and expectations as well as the rules they should follow while at the camp. During their joint discussions they came to the conclusion that everyone could add to the



Sport contest were organised nearby Peipsi lake

quality of their stay, and as a team could contribute to make their life at the camp more interesting.

The days were busy with different sports contests and common singing of various popular children and folk songs during get-together at the evenings. Building sand sculptures on the lake's banks were most popular among participants. Those most admired by students and teachers were awarded with prizes.

Children enjoyed the arranged orientation games where the teams had to search for targets on the camp

territory with maps, and had to complete the given tasks. They had to decipher a coded message, walk on their hands with the help of their mates, climb over some obstacles, throw a ball into the basket and pull up their body on a bar. This was a good lesson to teach how it is important to notice and to assist their team-mates.

At the end of the day everyone expressed their opinions on the experienced events and suggested activities for the next day. When the camp closed, everyone was sunburnt and happy about the great time shared.

The camp was financed by the Jõhvi Municipality, the Board of Disabled People of Ida-Viru County, the Ministry of Education of Estonia, the parents, and UBC Commission on Sport.

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FIT FOR LIFE PROGRAM

The Fit for Life Program (FFL) gets people moving! It inspires adults over 40 to include physical activity in their daily routines. It also creates easily available physical activity services and provide support for beginners around Finland.

The goal of local projects is to lower the threshold of people over 40 to become physically active by offering them guided group exercises, beginners courses in different events, fitness testing, or individual fitness training and to establish permanent physical activity services that are close to the adult population.

Several Finnish organisations provide educational opportunities in the area of adult physical activity. The Fit for Life does not provide its own instructor, peer instructor or other equivalent training, but it informs people about the educational offerings of other organisations. Our educational links will direct you to the web-sites of organisations that provide different types

of training. The FFL provides information about the importance, effects and proper dosage of physical activity, and about organising physical activity services for adults. The program has published brochures, videos, guide books and presentation materials. The Fit for Life program's own educational events include an annual symposium, a fitness/education cruise as well as regional seminars.

The national Fit for Life Program is funded by the Ministry of Education and Ministry of Social Affairs and Health. The Program started over 600 local projects and spreads information about the importance of physical activity via the media and via its own products. At the local level, FFL activities are organised by municipal sports and health services, occupational health care, workplaces, sports clubs, associations, etc. At the national level, FFL is managed by LIKES - Foundation for Sport and Health Sciences. The FFL projects are organised in cooperation with different organisations, such as municipal



How to help to start an active way of life?

services, workplaces, occupational health care, sports clubs, various associations and public health organisations. The Fit for Life is continually looking for new partners to become active in moving the middle-aged population. Local projects can apply for funding from the national FFL-program. The Fit for Life also publishes a magazine *Kipinät* that has feature stories on successful projects.

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EUROPEAN EXPERTS' MEETING

Anywhere in Europe sport acts as a mediator in values as team work and solidarity, fairness and tolerance. In particular, children find access to social competence through sport. Integration of unprivileged people as well as willingness to take responsibility for others – these are very important issues for all children and youth.

Greifswald wants to exchange ideas with its sister cities to collect experiences, for example, what is the situation in other countries; what kind of methods the partners use and what are their "best practice" examples. Therefore Greifswald's sister cities are invited to take part in an experts' meeting on "Education through Sport" in Greifswald, on 7-11 November 2004. Representatives of schools, sportsmen and youth from Kotka (Finland), Osnabrück (Germany), Lund (Sweden) and Hamar as well as from Goleniów and Szczecin (Poland) are coming to Greifswald to learn from each other.

Numerous institutions, departments,

associations and the Greifswald University are involved in preparing the meeting. The participants are going to work in several small working groups on the organisation of school sport, leisure and the integration of physical activities in schools additionally to sport lessons. Special emphasis is put to educational values of sport such as e.g. fair play and team spirit, as well as to possibilities of cooperation between educational and sport institutions. Sport at schools is to bring up a balanced relation between mental and physical activities.

The conference also aims at improving cooperation between the municipality's different departments, schools and associations. Another dimension of the meeting is the approach to the idea of "Europe". With the painting of the map of Europe on the school yard, a Europe quiz and children carrying 25 flags of the EU member states, the schoolchildren can experience the European citizenship.

With the European experts' meeting Greifswald's international office wants



to start a multilateral exchange. Long lasting relations and cooperation among these experts is to be prolonged on the Internet forum and through individual contacts.

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EDUCATION VIA SPORT AT SCHOOLS

Kaunas is the city widely renowned for sports in Lithuania. The inhabitants here have many choices of various sports activities as the City provides them with the possibilities not only to go in for traditional sports, but also the development of new sports is very much encouraged. Especially this year we seek to assure that 6.5 thousand of the youth that are involved in various sports activities in the sport schools could work efficiently and effectively.

A lot of young people are also attracted to the sports and recreation clubs. The institutions of sport education and sport clubs are involved not only in the preparation and development of professional sportsmen, but also in educating the youth. In this school year, more than 4.2 thousand children will start their education at the sport schools in Kaunas City. Also, the same number of pupils will also be enrolled in various sport clubs.

Solving the problems of the preparation of sportsmen, there is a cooperation among all the sport, education, social and health care institutions. Therefore sport, education and physical training are inseparable. Kaunas is very actively contributing to the formation of wholesome lifestyle attitudes. All the institutions of extra education and sport training seek for conformity in education and sport training.

This year has brought remarkable achievements to the city. The sportsmen from Kaunas have won the Lithuanian Youth Sport Games with the programme of matches in 20 sports. During the period of more than ten years of Lithuanian independence, Kaunas City sportsmen are leading in the sport games and competitions in Lithuania.

We strongly believe that the year of Education via Sport helps many people in choosing sports and physical activities



Pupils activities in Kaunas Sport Schools

in the public life. Sport has become not only the way of passing the time. It also brings national pride in one's own nation and patriotism.

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EXCHANGE OF SOCCER PLAYERS

“Move your body, stretch your mind” is not only a title of the European Year of Education through Sport but also a title of one of the projects carried on by the city of Karlskrona in 2004-2005.

Taking part in competition and meetings in different countries around the Baltic Sea allows to find new friends and to learn about each other and our way of living. When travelling with our groups, we take the opportunity to make a mix of education and sport activities.

What are the differences for girls to play soccer in Sweden and Lithuania? In 2004 an interesting project with girls from Karlskrona, Sweden and Klaipėda, Lithuania as leaders has been started. Soccer is very popular in Sweden and an idea was to find out what we can learn from each other.

The first step was to send five girls to Klaipėda in the summer of 2004. For a



In 2004 the girl teams from Klaipėda and Karlskrona met together in Lithuania

week they were training in Klaipėda and also made new friends. They discussed activities in the project and how to coordinate the project. The girls from Karlskrona have learnt about sport organisational systems in Sweden and in Lithuania, as well as about youth programs for the members of the European Union. Such questions as why are you a member of Lyckeby Soccerclub

or the problems with drugs in Sweden and Lithuania were also discussed.

On 25-30 December, the team of 25 persons from Klaipėda is invited to Karlskrona to take part in the indoor soccer tournaments. They will compete with about 200 teams in the ages from 8-18. The last event in the project will take place in the summer 2005 when all the players from Karlskrona are going to Klaipėda to take part in the similar event. At the end of the project an exhibition presenting the worked out results will be organised in the premises of the Municipality of Karlskrona.

The project is sponsored by a Swedish foundation of King Gustaf V which supports youth and education projects.

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THE SPORT ACADEMY

Kotka Sport Institute which was established in the 1991 during its thirteen years of existence offered high quality and versatile possibilities to combine studies and goal-oriented sport training for young student-athletes. The institute provides training three times a week, twice a day. Assisted by experienced coaches, each student-athlete trains following the personal training program.

Kotka Sport Institute is in fact a cooperation network which includes all the secondary schools in the city, the Vocational Institute and Kymenlaakso Polytechnic. When applying to the secondary level school or Polytechnic, students apply to the sport institute at the same time. The courses take place usually at some international coaching seminars. In August 2004 the Sport Institute signed a cooperation agreement with one of the most respected training centres in Finland, Pajulahti. This agreement makes it possible to have even more high quality athlete testing and training camps for a larger group of student athletes. Also, in the fall of 2004 doctor services,

physiotherapy and fitness club services are provided to the athletes.

Recently Kotka's Sport Institute has been asked to join a very limited group of sport academies in Finland and in November 2004 it becomes Sport Academy of Southern Kymenlaakso. This means that organization will spread into



Jonne Lehto has won five World Championship gold medals in skiorienteering

larger area geographically. Also, the amount of student-athletes will increase to 250. Right now there are about 20 different sports events included. The most popular are, if counted by the number of athletes, soccer and basketball, followed by track and field. During the school year of 2003-04 dozens of athletes represented Finland's national teams in wrestling, orienteering, soccer, basketball, golf and track and field. No one did it better than Jonne Lehto by winning three World Championship gold medals in ski-orienteering in addition to the two he had won the previous year.

Operations of the Sport Institute of Kotka have been funded by the City as well as by Kymenlaakson liitto. One of the organizational goals is to provide the athletes with the best possible environment to achieve their dreams in sports.

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FORUM OF HEALTH

Many values of developing improved physical skills during sport sessions are well acknowledged. Better skills of movement will most likely lead to better educational results, as well as to personal development.

Teamwork, attitude and social skills will be trained and are important values to master. If the activities are filled with joy, one is most likely to keep up this good habit for years. This is a good investment to each single person's health. In the longer term, it is an important contribution to the city's health budget.

Kristiansand wants to offer a good platform for developing and promote this aspect of life. A session of physical activity will soon be implemented as a part of each school day on a national level. One high school is ahead and has tried this out for a year with very good results. To support the increased activity which is coming, the outdoor space around schools is modernised to



If the activities are filled with joy one is most likely to keep up this good habit for years

implement different arenas for physical activity. Also, the city builds new and larger sport venues close by to accommodate this trend. Higher education in sports through gymnasium and at Agder University College is available here. The combination of good club training and sport studies just proved us right by our gold medal winner in javelin – Olympics in Athens, Andreas Torkildsen.

To support work by over 100 voluntary sport clubs, the municipality has

established a "Forum of Health" which consists of politicians and administrative staff. The main task and focus of this forum is to enlighten people on one's every day need to exercise to keep in good health. Various activity projects for the city inhabitants are the result of the work of this forum.

Besides, 'The Pirates' Basketball Club has different social programs where the athletes are taking social responsibility by training youngsters in basketball after school. Likewise, twice a week local motor sport club offer youngsters to learn how to drive a motorbike and how to maintain it. Both activities are popular and show good results with the kids. The municipality supports both these projects. "Move your body, stretch your mind" will be an important guideline to further improvement of activities and arenas in our city.

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PROMOTING SPORT

The town of Malbork, Poland, had been promoting sport for many years. We are still striving for perfection, but recently the town started to promote many various sport disciplines among the young people to make sports an integral part of their education and life.

In a great abundance of sport events for 2004 there are many events and contests which integrate youth and promote positive social behaviour such as teamwork, respect and responsibility.

One of the biggest achievements, our city's pride, was opening a new sports hall in September this year. At last an appropriate place for young people was created to develop their abilities and willingness to sports. It was officially opened on 2 September and was financed from the Ministry of Education and Sport and municipal resources.

In 2004 a number of events have been organized at Malbork which required not only physical skills but also the knowledge of medieval history. Malbork's special contests which are

organized every year during Malbork Days are "dragon boats races" on the Nogat River and this year there were also Polish Water Sports Cup organized in the capital city on the Route of the Gothic Castles.



Official opening of the new sports hall in Malbork, September 2004



Dragon boats races during the Malbork Days

At the Castle's Museum there are special classes organized during the whole year which are called the "knight's run". These are supposed to develop student's activeness and reference skills related to history knowledge. The classes are held in the Gothic fortress, encouraging the development of pupils' activity, stimulating curiosity and instilling respect for the past.

Not only pure history gets to the core of sport activities in Malbork. The town is quite well prepared to go in for many sport disciplines like: basketball, football – 2 sports fields, volleyball, tennis, canoeing, weight lifting, aerobics and famous strongman contests which originated in our town.

Sports and competition have always been an important part of education in Malbork and we will be continuing this process. Yet, much more needs to be done to make sports an integral part of people's education and life.

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SPORT CAN BE FUN



PROUD
NARVA

In order to develop good habits of physical activities with children and young people between 2003 - 2004 the schools and day care centres in Kolding have decided to focus on physical activities in between the classes and in spare time.

Attempts are made to teach children physical exercises can be fun. Children get also instruction about nutritious food and health. Day care centres offer also a wide range of after-school sport activities.

The common catalogue of ideas will hopefully encourage better relations between the schools and sport organisations. The catalogue contains ideas such as sport clubs visiting the schools or activity days.

The 2003 research showed that there were already many physical activities on daily basis at schools. To develop this idea in the day care centres, sport-wise, well-educated staff will have to be hired.

One of good examples might be collaboration of schools with local sports clubs. The wrestling club invited the day care centres to a "wrestling afternoon" where they introduced sport to children and made a small tournament. Another example is a cross-tracking club offering a course to draw maps of the surroundings of the schools and education of teachers in cross-tracking. The administration has even purchased cross-tracking equipment.



Puzzles in water - a cultural knowledge combined with physical activities

The administration together with the cultural institutions in the city prepared an activity day for children at the age of 14-15. The children cycled between 3 sites and the swimming hall. At each place they were to solve a funny and different task related to the site.

On Trapholt, the museum of modern art, they got an introduction to sculpture. Afterwards they were asked to make a sculpture themselves. On each visit they got a part of a puzzle, which they had to use at the end of the day in the swimming hall. Each class chose one pupil to put the puzzle together in water. The aim of the project was to give children a cultural knowledge combined with physical activities.

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This year is quite significant for the city of Narva due to its sports events. The program of celebrating the Year "Education through sport" began in the beginning of April with the session of UBC Sports Commission.

This year is also a year of the Olympic Games and the city is very proud of Narva sportsmen, who took part in XXVIII Olympic Games in Athens in Men's Double and in Men's Quadruple Sculls (rowing). The results gained at the Olympic days were extraordinary and very important for sports development in the city.

In addition a sporting part of traditional summer holiday "Days of Narva" was also dedicated to the motto of the year. In autumn some schools organize the Day of Sports for children and different sporting competitions, where all schools compete with one another. In the end of the year the World Ice Hockey Championship (under 20) is going to be held at Narva.

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NEW SKATEBOARD TRADITIONS

Built in 2003, Jūrmala skatepark is located in one of the most visited summer places, namely the water amusement park "Nemo". It has become renown for outdoor activities.

The races organized by the municipality and different sports and youth organisations became popular among youth. As it is one of the biggest wooden skateparks in the Baltic states, it attracts more and more young people who want to spend their leisure time on outdoor activities. In 2004 some international competitions and races, i.e. "Baltic Sea Cup", were organized there.

In the summer 2004 an informal group of 39 skateboarders – the only one in Latvia - was established in order to popularize skateboard as a wealthy and drugs-free lifestyle activity. This also provides a new approach of informal education to youth risk groups in order to increase the security of outdoor activities among youth.

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The biggest wooden skatepark in Jūrmala attracts many youngsters



DANISH EDUCATION SYSTEM

In the Danish education system there is a discussion on how the sport as an integrated part of the school can promote the people's health, increase the participation in sports and contribute to promoting the national level in the area of the sport.

In the last years the Danish Parliament has begun a number of new activities because obesity among children is a great problem and because many of them do little or no exercise at all.

New didactic plans for the kindergartens have been approved. These plans show great interest in sports and movements. The Næstved Municipality follows up with a specific suggestion called: Sport for the small ones.

The Danish Parliament has also approved a reform in the primary school. Consequently, sport as the subject obtains now more attention in the course of education.

The Minister of Education has initiated the development programme called: "The School of Movements", which brings into focus better opportunities of sports and movements

for kindergartens children and those up to third grade.

The Danish schools cannot make this task on their own. As it is important to establish a cooperation between schools and athletic associations, the Danish Ministry of Cultural Affairs created a foundation "Children and Youngsters in Movement", which supports cooperation between schools, associations, youth clubs and after-school care agreements.

The reason for this new pool is - among other things - the polarisation in the habits of sports of the children and adolescents. Active children go in for sports whereas the smaller ones remain more and more passive and therefore more difficult to reach through the usual associations' activities.

Probably the most effective youth club for young people (age 10-14) in Denmark, is to be found in Næstved. This youth club is managed by the biggest sports association with more than 3,000 members and goes by the name: "Danmark Herlufsholm Gymnastik-forening". It is financed by the municipality and by its members. One of the mottos is: Have fun with sports in a new way! More than 70 youngsters visit the club every day,

making the club so popular that there is a waiting list for new members. Næstved Municipality is considering whether to establish another youth club focusing on sports. Youth clubs run by sports associations - Club - HG - 70 children - in Næstved.

The municipality is also favouring the students who have a special talent for practising sports at the elite level. It is possible to attend the largest Gymnasium in the city - Næstved Gymnasium - and practise sports at elite level at the same time. In cooperation with the national association Team Denmark a plan of education is made for each sport-student and it is possible to prolong the education up to one year to allow the youngster to concentrate on his or her sport. Through „Team Næstved” Næstved Municipality is providing grants to youngsters with a special talent like for instance Michael Maze who won the bronze award at the Athens Olympics in August.

*by Søren Revsbæk
and Per B. Christensen*

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THE ATTACK OF THE CENTURY

On the first Sunday of February Kronstadt holds an athletic run.

The competition begins with the meeting in the city park and is dedicated to the submarine-seamen. The result of the competition is not only the sport achievements, but also the knowledge of our country's history and the respect for all the heroes, who helped to win the World War II.

At this meeting the submarine veterans tell to the participants of the competition about the events that happened on January 30, 1945 when the submarine "S-13" destroyed a huge battle ship of the fascist navy "Wilhelm Gustlof". There were more than 7000 officers and soldiers on its board who were evacuated from Gdańsk. More then 3000 of them were the crew for the new submarines, which were prepared to be used in the North Sea. This operation was called "The Attack of the

century", and this name was given to the competition.

Every year this competition gathers about 500 participants mainly from St.Petersburg District which are at the age from 5 to 85. The unpredictable weather of the city surprises the sportsmen all the time: one year it can be -22 degrees Celsius, another - the sportsmen must run through the melting snow and puddles, but this does not scare the participants. Many of them have not missed a single competition in all 15 years it has been held. The beginners, the qualified sportsmen and the handicap-sportsmen, family teams, schoolchildren and others - all take part in the competition. The prizes are shared in 23 nominations for the distances of three, five and ten kilometres.

To make this competition more interesting and educating, the route goes through the streets of Kronstadt and passes along the



Competition - participants at the start line

house, where the captain of the Russian submarine lived. The competition lasts for about an hour and all the citizens of Kronstadt can see and support the sportsmen during this time.

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MANAGEMENT OF SPORT SCHOOLS

Sports for children and adolescents.

Riga has 17 sports schools, 14 interest-based education centres and 147 general education schools for children and adolescents. In these local government-managed educational institutions, students have access to 20 different kinds of sports from the most common basketball, football, through track and field to diving or shooting.

Sports schools. The sports schools employ 310 pedagogic employees and provide training facilities for 8,749 youngsters (8% of city's students). The sports schools have created an environment from which very first-class athletes emerge. For instance, Igors Vihrovs, who won a gold medal in gymnastics at the Olympic Games in 2000, as well as Jevgenijs Saporenko, who followed suit with a silver medal at the Olympic Games in 2004, both have trained at the Riga Gymnastics School.

Sport events. The sports schools, interest-based education centres and general education schools of Riga organise sports camps during school holidays. There are outdoor camps open to all school age children and young people, but there are also camps for individual and team sports.

Sports activities for children, students and young people in Riga are coordinated by the sports organisers of the city's districts and neighbourhoods, working together with sports instructors and sports school trainers. The goal is to involve as many children and young people as possible, to organise sports activities at schools, and to ensure the participation of schoolchildren and young people in city and national sports events. Each year more than 150 competitions and youth championships for children and young people are organised.

The department also organises a contest that is called "The Best Children's and

Adolescents' Sports Club or Organisation in Riga". The aim is to promote the involvement of children and adolescents in sports and to promote the participation of the most talented of these youngsters in international competitions. The contest is open to non-governmental organisations and sports clubs. The winning organisation receives financial support.

Management. Sporting activities are the responsibility of the Riga City Council's Department of Education, Youth Affairs and Sports that is supervised by the Council's Committee on Education, Youth Affairs and Sports.

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TRAINING THROUGH SPORT

The Sestroretsk Children's Athletic School of Olympic Reserve, located in Alexandrovskaya Settlement, celebrated 50 years of existence last year. In 1992 the School supported the creation of a state boarding school that offers the future Olympians state general education curriculum. The board of school sees its mission not only in the training of bicycling athletic elite, but in the holistic development of the athletes' personalities.

Combination of general complementary education allows not only to secure the optimal conditions for developing talent of future athletes. It also fosters high quality education in accordance with modern requirements. Training in the school focuses on developing the need of self-education and self-perfection not only in the field of sports. The students attend numerous clubs and elective subjects. The boarding school offers a variety of creative opportunities extending beyond the athletic curriculum. The instruction and the

athletic training process are harmonized to assure the overall development of the students, and in turn it leads to better athletic results and allows more successful rehabilitation after athletic events. Such organization of training showed its effectiveness and good results and allowed the teaching staff to approach each student individually. Many of the graduates continue their studies in St. Petersburg professional institutions of higher education.

The School of Olympic Reserve cooperates closely with other schools in the district, with higher education institutions, the Russian Bicycling Association, and the Committee for Sports. The school exchanges experiences with an Italian bicycle club, working together on training programs and joint events.

The school has accumulated considerable experience in teaching and coaching and numerous traditions, and is proud of numerous accomplishments of its graduates. Over the last four years the school trained a number of excellent athletes, who brought glory to



The celebrations of the jubilee of the Sestroretsk Children's Athletic School of Olympic Reserve. The boys carry the school's emblem.

St. Petersburg and to Russia. Andrei Kirillov won the first place in the group race at Russia Championships; Lyudmila Zakirova took the lead in the perseverance race at the same event; Svetlana Klimenko took first place in the track event of the Russian Championship, and Zhanna Leonova won the criterion race. Throughout its past, the school prepared 32 masters of sport and 6 masters of sport of international class.

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SPORT & HEALTH PROFILE

The Hagaskolan school for pupils at the age of 6-15 years old has profiled itself in Sport & Health over the past three years. The reasons for this decision to focus on sports and health were reports and studies indicating declining physical activity among young people. At the same time, other studies reported that the physically active were also better at absorbing and applying theoretical knowledge.

The school's profile means that the time allotted for pupils to study the subject Sport & Health has been increased by 50% and now amounts to three lessons per week. In addition, twice a week the children have an occasion to practise physical activity in order to achieve a goal of introduction of sport activities to their daily life.

It is also possible for the pupils to engage in a range of other sports via local clubs which regularly visit the school.

The aim is to provide the pupils with broad exposure to sports and hopefully form a basis for continued sporting activity. It also gives the pupils an opportunity to become acquainted with the sports available in our "sport of choice" option for pupils at the age 12-15 years old. They are engaged in physical activity four out of five school days. The fourth day is conducted in collaboration with sports clubs which during school hours ensure that the children receive proper training under the supervision of professionals. The focus during these sessions is on the individual so that every pupil receives support and encouragement on their own terms.

The clubs involved in our profile work also exchange experience via a network which was established by themselves.

In order to infuse all activities at the school with what is needed to promote good health we undertake skills development for all school staff. The

purpose is to provide everyone with sound, fundamental knowledge in the subject. This is conducted within the scope of an EU project. Lectures are arranged to spread knowledge of sport and health among pupils, staff and parents. The school's profile also encompasses the fields of nutrition and mental health.

We hope that our Sport & Health profile will contribute to healthier children who also possess basic knowledge on how to live a more healthy life.

by Ola Westman

Head-master in Hagaskolan

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SPORTS ACTIVITIES BRIDGING COMMUNITY

This year, marking the EYES and its motto "Move Your Body, Stretch Your Mind", the City of Šiauliai has submitted the project on "Sports and Community - Manifest of Successful and Targeted Partnership" to the UBC Sports Commission and carried out the so called sporting summer events for the citizens.

The key objective of the project aimed at teaming up forces of education and sports institutions and stimulating - through sports activities - inhabitants of neighbourhoods for the united activities. The main project players - the city, educational institutions including kindergartens, elementary schools, schools for children with special needs, university and representatives of the community centres - participated in five different sports events held in the scattered city regions starting from May till August 2004. The Šiauliai citizens entered different sport branches competitions: basketball, volleyball, football, cycling and family fights. Everyone could check their physical fitness performing EUROFIT tests.

By preparing the festivity's events everyone could feel the sports and movement benefit: aspects of the community life precisely through its social competition and solidarity, readiness to perform and the ability of working in team. The influence of sports on the community life has extended far beyond the sporting activities. It extended the interpersonal relationship and was an important factor in the promotion of health. The actions of the project have developed and improved the activities like non-formal education, active and meaningful lifestyle.

The final phase of the project took place on September 11, 2004 during the City Birthday - Šiauliai Days - 2004. The winners from different city regions had to compete for the main prize. In addition, in September, the city Sports Schools carried out the campaign "Let's Accompany Summer Going in for Sports" spectacularly presenting different sports branches. At the same time children had a unique possibility to find out and to choose a suitable sports branch, to interview coaches and sportsmen.



Everyone could check their physical fitness performing EUROFIT test

In summer 2004, the education and sports specialists strove to demonstrate the values that sports activities represent (equal opportunities, fair play, solidarity etc.) and also to implement the objectives of the European Education Year through Sports.

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HANDSLAGET AND SPORT SCHOOLS

Sport Schools.

For several years, Stockholm Sports Federation has organised Sport Schools for children aged up to 12 years with funds from Stockholm Municipality. The aim of the Sport Schools project is to create sporting opportunities for children who are not active in other sporting activities. Areas with large numbers of immigrants are prioritised. Girls with immigrant background are a specially prioritised group.

The reason for the project is that too many children today are sedentary and passive. Sporting activities will encourage them to move. School provides the most natural platform as the children are already there. Sport Schools provide opportunities for trying different kinds of sport during the school term in conjunction with schooling. Sixteen schools are currently involved in the Sport Schools project. About 800 children take part; 55 per cent of these are girls. Schools provide the facilities and contact persons and are responsible for organising the age groups that will take part in the activities. Sports associations are responsible for providing instructors and creating opportunities for trying different activities.

Handslaget or “Handshake” is a similar project. It is a four-year government-funded project with five prioritised areas: increased participation in sporting activities, more investment in girls’ sports, lower fees, anti-drugs and greater cooperation between schools and sport.

District sports federations have received earmarked funding for bringing schools and sport closer together. Stockholm Sports Federation has chosen to cooperate with municipalities, schools and sporting associations. The City of Stockholm Sports Administration has contributed to the project by employing staff who work together with Stockholm Sports Federation to help promote Handslaget in schools and sports associations.

In practice this means that each district builds networks with representatives from district administrations, the schools involved and various sports associations. The schools provide opportunities for children to try different sports, with at least three different kinds of sport each term. This also increases opportunities for daily physical activity.

Handslaget aims to:

- offer students daily activities under the guidance of a sporting association instructor

- provide opportunities for trying and choosing different kinds of sport
- create a long-lasting interest in sport activities
- reach a target group that would not normally take part in sport activities
- combine sport with play.

The project is primarily aimed at 10 to 13-year old. At this stage, 75 schools and 122 sports clubs are involved in Handslaget. Hopefully more will be involved as the project draws to an end in 3 years time.

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ALTERNATIVE ACTIVITIES

Presuming that the most important thing is to get to children and youth, parents and teachers with programs which promote health forms of activity, Sopot Sports and Recreation Centre, prepared a rich sport offer for all schools which includes basketball, boy’s football, volleyball, handball, beach races, athletics, badminton, tennis, uni-hockey, chess competitions or sailing courses.

All these contests are made to find the most active school. The winning school will get prizes and the possibility of taking part in contests on other levels.

In primary schools all children with spinal curvature can attend physiotherapy exercises in school and in the pool. There are also programs of swimming classes and sport classes with table tennis and

chess available. The program for alternative way of spending time for children and youth from pathological families has been prepared. It is actually implemented since 1998 and includes youth football teams, which both take part in the program “Play with us” and in Sopot Hall Football League. Apart from systematic training, matches and contests, they took part in the addiction prevention therapies.

‘Little passions’ is another activity for the youth organized adventure groups. This includes mountain climbing (children and youth do this outside town, or on the special climbing wall), and adventure activities for younger children in the forest. They are guided by instructors and volunteers - psychologists and youth leaders, who apart from leading integration groups, games and

activities which are useful in learning own personality, have also worked with teenagers who have personal problems.

In 2000 we have started with two dance groups for girls called “cheerleaders” who learn modern dance to cheerlead while the other groups has football matches. Activities in this group also include talks with therapists to help with growing-up and addiction problems.

NGOs are very important actors in education by sport. The city in cooperation with NGOs tries to make children interested in sports, and make them activated and improve organizing abilities.

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UNDER THE SAILS OF MARITIME EDUCATION

Here in Szczecin “the maritime education” means a real working education model, resulting in positive effects both for the teachers and other people for whom the sea is passion, including pupils and alumni. **Yachting** becomes a style of living for many. Young citizens participate in the **Maritime Education of Children and Youth Programme** implemented in Szczecin, probably the only one arranged in Poland on such a large scale. Developed for 10 years now by the City Department of Education and Physical Culture with the West-Pomeranian Yachting Association, the Programme gathered nearly 75 educational institutions of all types, starting from kindergartens, through grammar schools, special posts, institutions and yachting clubs for youth.

More than 10 thousand children have been covered by the programme, of which 800 pupils annually are winners of competitions and contests, or awarded prizes in form of participation in various forms of training on water, from voyages on board the pleasure boats across the port, through first steps in yachting training on the D'bie Lake, to the most desired sea voyages on the City's flagship „*The Gift of Szczecin*” or on the tall ship

the „*Captain Głowacki*”. For fifteen years the future „sea dogs” have been acquiring theoretical knowledge also in the “Radio School under The Sails” – the weekly live programme broadcast by the Polish Radio Szczecin. Some program graduates are at present students of the Maritime Academy, the Szczecin Technical University or the University of Szczecin, with sailing licences, and they keep taking part in voyages covered by the program, but now as tutors and carers.

This continuity of activities, from pre-school pupils to secondary school graduates and students, combined with rehabilitation character of the programme and with gathering around it a great number of teachers-volunteers is the main achievement. Every year they keep sailing further, under the sails of maritime education in a dozen or so Baltic voyages rounding up to nearly a hundred for 10 years. The tenth anniversary of the programme, the 35th anniversary of the „Gift of Szczecin”, the 60th anniversary of the Polish yachting in Szczecin – it is a good occasion to sail still further to the North Sea, to the Atlantic Ocean, around the world. Before all this happens, one can take part in the races such as the



Maritime education brings new life style

Tall Ships' Race. Numerous tall ships from Szczecin participated in this year's event along the route: Antwerp–Aalborg – Stavanger–Cuxhaven. Among them the „Gift of Szczecin”, with the maritime-educated crews on board, promoted Szczecin – the host port of the **2007 Tall Ships' Race**. Large-sized tall ships and great „Tall Ships' Race” will be also the subject of competitions and contents in the new school year, giving the prize winners a chance for a next sea adventure.

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STUDENTS' SPORT GAMES

The Tallinn Education Department is active in promoting education through sport via “Tallinn Students' School Sport Games” project.

The project has been implemented under various names since 1922, when the Association of Tallinn Secondary School Sports Clubs was founded. The current students' sport games have been held since 1981, yet the aim has stayed the same: to promote sports, healthy lifestyles and positive attitudes into youth.

Tallinn School Sport is a working, dynamic system and quite unique in Europe. The sporting competitions span over the entire school year, energizing sporting life at schools and giving almost 13500 students the opportunity to compete in various fields. There are championships in 14 fields: track and

field athletics, relay race, relay swimming, checkers, chess, skiing, cross-country running, orienteering, football, handball, basketball, badminton, volleyball and table tennis.

Start for cross-country running

Championships are held for boys and girls in two age groups: basic schools (13-15 years old) and upper secondary schools (16-18 years old). All students in these age groups in Tallinn's school system are eligible and almost all of them are part of the process.

Andres Vakra, Coordinator of the project, considers the importance of the sustainability of the project: “The sportive young person is healthy, with bigger workability and always in good mood. The teachers have a significant role to educate the young people with healthy attitudes. It is only natural that every student's path



Start for the cross-country running

in sports starts with school spirit, and defending his or her own alma mater. Winning is not everything, an active participation and perseverance are held in high regard.”

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MOTION 2000 TO IMPROVE HEALTH

In 1994 Turku launched a seven-year project MOTION 2000 for the development of prerequisites for physical activities by different City administrative bodies together. Its operating model was finally formed into a permanent practice unique countrywide, based on four strategies.

The *Physical activity counselling* aimed at encouraging e.g. customers of the Health and Social Welfare sectors to rehabilitating physical activity. The results showed improvement in the basic physical condition of the elderly in particular. Working out of the lower limbs helped many older people abandon walking sticks or rollators and continue normal life at home.

The *Environmental Strategy* focused on intensifying the use of existing facilities such as benches and improving them. Thus, the passive benches have become facilities that support active living. The *Service Strategy* drew attention to the development and production of district services for physical activities. There has been rare instructed physical activities available for inactive adults in particular.

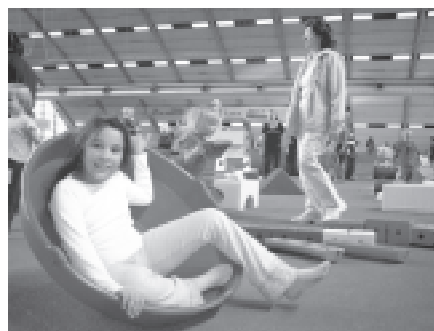
Originally with three physical activity instructors, and later on with six more, we were able to place instructors in each city district. Together with sports clubs, they

tailored services for people of different ages who were not used to be physically active, says Minna Lainio, Head of Section of Physical Activities in Sports and Recreation Department.

Children are encouraged to move

Organised in Turku's largest sports hall and in a number of suburban schools, „The Wonderland of Children's Motion” sets a successful example encouraging children to move. Every Sunday, nearly 4,000 children with their families gather together to play with balls, building blocks and bouncing mattresses. The idea originally came from Bergen, Turku's twin city in Norway.

All day nurseries in Turku – about 80 in total – employ a person responsible for physical activities and for regional stocks



The equipment of the popular „Wonderland of Children's Motion” encourage children to move

of sporting equipment. Kinder-garten teachers have been trained e.g. in swimming instruction. Consequently, elementary swimming instruction is given to each child in municipal day care. The goal of the *Communication and Marketing Strategy* was to spread the message of suitable physical activities by Turku on the magazine that is distributed to the 100,000 local households three times per year. The magazine has been published for ten years.

Making physical activities a daily routine.

According to Minna Lainio, the biggest challenge of the Sports Board is to activate the passive. The City will act as a mediator and co-ordinator between the inhabitants, clubs and organisations. Sports clubs are usually dealing with active people who know what sports they are interested in. The passive do not join clubs and are easily passed unnoticed. Therefore, with different sectors, the City should pay special attention to encourage them to health enhancing physical activity to prevent national diseases such as type 2 diabetes.

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EYES 2004 CAMPAIGN

The key objectives of the education through sport campaign are to show the society, especially to the young people, that sport is very important in the development of the personality and social abilities, improving students and young people's quality of leisure, fostering cooperation between sport and educational institutions. The campaign in connection to EYES started on January 1, 2004.

The year of education through sport has given new impulses to education and sport and stimulated a rebirth of physical sport. Along with strengthening of sport's social role and increased global recognition, acquisition of know-how of education through sport as well as its

adaptation brings real and inevitable necessity to formulate a personality for full-fledged life.

Secondary schools of Vilnius have taken an active participation among sports' games of the secondary schools. Vilnius city education and sports' institutions set to implement programs engaging children during summer; swimming training, etc. These programmes had a partial financial support from Lithuanian Government and Vilnius City.

One of the most impressive events was The children and youth festival “Move your body, stretch your mind” which took place on 1 May 2004 and was devoted to commemorate the Lithuania's accession to the European Union as well as



Children and Youth festival “Move your body, stretch your mind”

Education through Sport 2004. On that day different sport competitions, tournaments have been arranged in the parks of Vilnius.

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THE OLYMPIC IDEA

With establishing this year the year of „Education Trough Sport” all educational institutions in Pruszcz Gdański have undertaken a lot of initiatives aiming at promoting the role of sport in education and popularization of the Olympic idea.

The activities undertaken by one of the schools are worth noticing. A special programme comprises the aim, tasks and ways of carrying the enterprise into effect. Promoting the values connected with the Olympic idea and the rule of “Fair play” in sport and everyday life are superior in the programme. Sport integrates different fields of life, the local environmental (street, housing estate, quarter, city, commune), is meaningful in fighting evil and pathology, popularizes alternative lifestyle, is not expensive and is suitable



Volleyball match between Gdańsk and Kiev

for financial abilities of school and other educational institutions. The venues were: the sports hall, computer rooms and classrooms.

Within the confines of the action “Winter holiday in the city” teenagers with their PE teachers took part in sports activities and competitions at the school sports hall and primary school swimming pool. One of the schools was an organizer of games within “Gimnazjada

Szkolna” and Provincial Olympics for School Children. The students of grammar school took part in a school art contest “On the way to Athens” and school Olympics knowledge competition. What is more, a literary competitions was carried out at the high school level - the students wrote an essay related to the Olympic Games. Another point was a football tournament. Its aim was to integrate the school environment and show the funny and educational aspects of sports rivalry. Secondary school students, teachers, and officials from the Municipal Council and districts authorities took part in the football tournament. In the team consisting of local government people a special guest from the Polish national football team has appeared. After the match students had a chance to talk with Mr Sokołowski about football and ask questions also about his private life. As part of the celebration of the EYES a women volleyball match between the major league squad “Energa-Gedania” Gdańsk and the team from Kiev (Ukraine) was held in the sports hall. After the match there was an opportunity to meet the players of both teams, talk to them, take photographs with them and get their autographs.

The above mentioned action was to introduce the young people to the beauty of sport, the idea of “fair play” and show them the useful ways of spending free time. According to the authors and directors of the programme all those aims have been achieved.

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SUNDAY HIKES

There is a wonderful annual tradition in town Viljandi - Sunday hikes, which destinations are beautiful natural places and cultural sights. People ski in winter, but during summer, spring and autumn season there are bicycle rides. Families, friends and also work companions take a walk together.

The walks offer many opportunities to discover and learn more about local history, nature and cultural heritage. The destinations of hikes have been old manor houses, tourism farms and various kind of sights. Organisers have arranged excursions and concerts of national music at the destinations. It is not difficult to find destinations of the Sunday hikes, because Viljandi area is culturally and naturally very rich.



These hikes give two different experiences: one is the sports and on the other hand, it gives possibility to see interesting places and get more information about them. Hikes are great family events and it is fun to be together and put to the test the sports abilities between family members.

The chosen destination places are far from the main roads where people go not so often. Usually there are 35 such events during a year including 10 ski hikes and in total about 550 participants participate in different age participate in these hikes.

At the end point participants are welcome with hot or cold drinks and it is possible to get an occasional stamp. Two-three times a year in connection with those hikes a competition with prizes is organised in order to activate more people.

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*Angelika Volquartz
Mayor of Kiel*

CORRECTION

In the BCB 1/2004 we have published an interview with the Mayor of the City of Kiel on her expectations related to the EU enlargement in the Baltic Sea region. By mistake we have printed the wrong name of the Mayor of Kiel. The correct name of the Mayor of Kiel is Angelika Volquartz.

A person responsible for editing kindly apologizes for this mistake.



II. UBC TODAY

41ST EXECUTIVE BOARD MEETING IN RIGA

The 41st meeting of the UBC Executive Board was held on 15-16 October 2004 in the City of Riga, upon the invitation of Mr Gundars Bojārs, Mayor of Riga, UBC Vice-President. The meeting was divided into the closed session attended by the members of the Board and the general session open to the commissions, cities and guests.

The meeting in Riga raised a great interest among the cities - over 70 delegates from 32 member cities participated in the open part. Additionally there was a working meeting of the leaders of UBC commissions and networks in order to strengthen the coordination between these UBC working bodies. Also UBC Network on Youth Issues held its session in connection with the Board meeting.

Observer status in COR

Secretary General Paweł Żaboklicki informed that UBC received an observer status to the Committee of the Regions which proves that Brussels recognizes the work carried out by our organisation. Through the participation in COR Plenary Sessions UBC will have a chance to influence the work and policies of this important EU institution.

VIII GC in Turku

The Board decided that the theme of the VIII UBC General Conference to be held in Turku in 2005 will concern the transportation corridors in the Baltic Sea Region. Vice-President Armas Lahoniitty warmly invited all member cities to attend the GC in Turku. UBC realises that improvement of transportation corridors is crucial for further development of the whole region. UBC received the EC consultation document on "Motorways of the Seas" concept to be financed through the revised Trans-European Network Transport Guidelines. UBC welcomes the Commission's implementation framework of the "Motorways of the Seas" and hopes it will contribute to the improvement of intermodal transportation system in the BSR. Mr Mikko Lohikoski, Turku, on behalf of the UBC Logistics Task Force invited all member

cities to Brussels on 24 November 2004 to discuss how we can benefit from the EU resources allocated to this new initiative.

BSR - 2010

The Board supported the conference "Baltic Sea Region-Perspective 2010" to be held in Brussels on 23 November 2004 at the premises of the Committee of the Regions. The conference is co-organised by several Brussels offices of our member cities. The aim of this event is to promote the Baltic Sea Region amongst the Brussels policy actors-politicians, representatives of EU institutions, business community, NGOs, media. UBC will take an active part in this important forum. All member cities are welcome to attend this conference.

Cooperation with CAAC

In July UBC signed the cooperation agreement with the Conference of Atlantic Arc Cities. UBC cooperation with CAAC focuses on lobbying for cities interests as well as on facilitating joint projects between our cities. Acting together make our voice stronger in Brussels. UBC and CAAC prepared a joint comment on the EC communication "Dialogue with associations of local authorities on the formulation of EU policy". In this paper the Commission informed about launching annual hearings for associations to inform them about its annual program and major policy initiatives that have a significant local impact. In the statement sent to the EC President we welcomed an opportunity to meet the Commission on regular basis and at the same time we expressed our opinion that organisations should not only be informed about EU policies but also should be given a chance to influence them. Our reaction was noted in Brussels. Director General of Regional Policy replied in a letter that annual meetings "will offer the opportunity to the associations to inform the Commission about the expectations of their members concerning the development of EU policies".



Maritime borders

The Board in Riga once again raised the issue of maritime borders in the Baltic Sea Region. UBC wants the European Commission to treat the maritime borders in the BSR in similar way as the land borders. We oppose the limit of 150 km - in case of BSR such distance can not be set definitely. We expect a more flexible approach taking into account historical, social, cultural and economical factors, in order to support the cross sea-border cooperation between the Baltic cities.

Cooperation with CBSS

UBC cooperates closely with the Council of the Baltic Sea States. At the Board meeting in Riga the chairman of CBSS Committee of Senior Officials Mr Józef Wiejacz presented the priorities of new CBSS Presidency (Poland) and informed about current CBSS initiatives. Mr Wiejacz stressed that CBSS highly appreciates the practical and political work carried out by the UBC. CBSS representatives participate regularly in the UBC meetings.

Commissions & Networks

During the open session, eleven leaders of UBC commissions & networks presented the annual activity reports since the General Conference in Klaipėda, October 2003. The Board praised the commissions & networks for the vast range of projects, activities and events carried out in last 12 months and encouraged them to continue their important work.

*written by
Paweł Żaboklicki
Secretary General*



WELCOME TO TURKU IN 2005! VIII GENERAL CONFERENCE OF UBC

The City of Turku is proud to host the forthcoming General Conference of UBC in 2005. Although details of the contents and agenda will be announced later, now it is the time to mark the dates in your calendars! - from Thursday, 29 September to Sunday, 2 October 2005!

- We are very proud that UBC has chosen Turku for the venue of the Conference, states Mr Armas Lahoniitty, Mayor of Turku and 1st vice-chairman of UBC. Turku will do its very best to ensure that the meetings as well as technical arrangements will satisfy our colleagues from the Baltic sister cities, he promises.

- According to Lahoniitty, Turku has already started preparations to the



Aura river landscape in Turku

General Conference. He says that among topics to be discussed there will be issues such as Logistics in the Baltic Sea Region, including Highways of the Sea, as well as how to strengthen the structures and operating capacity of the UBC to meet the expectations of member cities in the enlarged Europe.

We hope that the Turku Conference will be an important milestone in UBC's development. Our region needs strong structures to tap all the development potential it possesses. For this, we need a stronger UBC, emphasizes Mayor Lahoniitty, who will end his long career after the UBC conference and retire from his post.

Further information:

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4TH ABC URBAN PLANNING SEMINAR IN VILJANDI

The 4th ABC-seminar was held in Viljandi, in September 2004. The main theme was 'Culture and Nature meets the Built Environment'. The seminar started with a brief look at the urban structure of Tallinn. Afterwards the participants went by bus to the city of Viljandi.

A city architect and his colleagues gave basic information on town planning of Viljandi and presented the Estonian planning system. The group then took a guided tour around the city, also visiting the sites to be subject of the workshops. During the workshops, proposals were worked out for solutions and small-scale investments related to three themes: 1) connecting the historical town with the town centre, 2) wooden ecological housing and 3) development of lakeside area of Viljandi.

After visiting the sites, the groups worked intensively on conclusions and how to present ideas and proposals of their tasks solutions. The results of their work were presented on the third day.

Some best practice examples of urban planning were also given from Porvoo, Lahti and Helsinki. A visit was made to

the city of Tartu, with the aim of studying the planning situation in Tartu and the renewal of historical wooden house areas. The seminar group also gave feedback on the total ABC-project so far, and discussed the future of the ABC-method of common working with professional colleagues.

The seminar had over 40 participants. The seminar report will be presented at the Gdynia seminar in April 2005.

ABC – Alliance of Baltic Cities, a project run by the UBC Commission on Urban Planning and Design, is supported by the BSR INTERREG IIIB. It creates a network of city planners and architects from 27 cities in 8 UBC countries. The Lead Partner is the City of Malmö with architect Lars Brattberg as a project leader.

Within a project six seminars were planned: in Kolding, Vaasa in 2003, Liepāja, Viljandi in 2004, and in Gdynia, Malmö in 2005.

Each seminar starts with information about the host city, and the planning



Viljandi City Architect discussing planning questions with the ABC seminar group

legislation in that country. The main focus is then on workshops about actual local planning problems, introduced by the host city itself. Materials from those workshops are compiled in a report.

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COMMISSION ON TOURISM & BALTIC WELCOME CENTRE IN KALMAR!

The Commission on Tourism meets in Kalmar on November 10-12. This time the meeting is combined with the final conference of the UBC Interreg IIIB project called „Baltic Welcome Centre”. The project will present its results from three years of activities, Tourist Information Centres (TIC), International standard for TIC, Marketing etc. The BWC conference actually starts at Växjö on November 8-9, 2004 and then continues in Kalmar. The program offers a study visit to the Salve village and a medieval Kalmar from 1397 adventure. Salve is a new attraction in Kalmar, focusing on knowledge of the medieval times and especially pedagogical



activities for children. Salve village is a result of another Interreg IIIB project ANCIENTTIMES. More information about that project can be found at <http://www.ancienttimes.net>.

If you would like to participate in the meeting or read about the conference, please visit the conference homepage hosted by the City of Kalmar: <http://www.kalmar.se/konferens/BWC-mote/UBC>.

The Commission on Tourism annual meeting this year will, among many other things, discuss a new Steering Committee.

Heartily welcome to Kalmar!

*by Viktor Rydell, Secretary
Commission on Tourism*

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CLIMATE AND GENDER

Women's representation in the decision-making in energy, transport and construction fields are studied in Climate for Change - Gender Equality & Climate Policy project which is carried out in cooperation between Climate Alliance and UBC EnvCom.

The vision of the project is to achieve a well-balanced participation of women and men in decision-making processes relevant to climate protection. Ten cities from Germany, Italy, Finland and Sweden carry out a local survey to get a good view of the representation of women in climate change decision-making. The results are complemented with national studies including facts and figures about gender equality in the climate change area and framework conditions.

The project will deliver a toolkit that other cities can use to raise awareness on this issue. A database of female experts working in the Climate area and a Best Practice database will be put together and

open to public on the project web-site in the autumn.

At the second international meeting 21-22 June in Lahti, Finland, the cities met to exchange their experiences and to compare the studies that had been carried out. Surprisingly for the cities, the differences were not as big as was expected.

In the autumn, national meetings will be organised to promote the project and the outcomes of it to a broader public on the local level. The national meetings for Sweden and Finland will be co-organised and will take place in Malmö on the 10 of November (tbc).

The project started in December 2003 and will be finalised in February 2005.

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WELCOME TO EMAS PEER REVIEW

The EMAS Peer Review for Cities project is drawing to a close and will shortly conclude with its Final Event on November 3-5, 2004 in Gdańsk, Poland.

The main aim is to share cities' further plans and commitments concerning environmental management systems in their own city and further collaboration between other cities. We discuss and analyse our achievements and lessons learned. The project main outputs - Workbooks for Implementation of EMAS (European Union Eco-Management and Auditing Scheme) and carrying out Peer Review as well as EU 6th EAP (Environment Action Programme) – EMAS Research – will be introduced. Important developments at the European level concerning Urban Thematic Strategy will be shared and discussed.

The results will be disseminated via project Newsletter and Web-site.



The seminar will take place in the City of Gdańsk (in the photo: the Crane)

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ENVCOM MEETS IN TURKU

Back-to-back with the conference Towards Waste-Free Lifestyles, on 27th October, the Annual Meeting of UBC Commission on Environment was organised in Turku.

The meeting discussed inter alia UBC input to current European Policy development on Urban Environment, prepared for Baltic Cities sustainable development survey 2004-2005, and nominated the Editorial Board for Baltic Cities Environmental Bulletin. UBC EnvCom Secretariat, in cooperation with ACRR (Association of Cities and Regions for Recycling), launched a new project initiative at the Waste-free Lifestyles

conference. This initiative was also discussed and finetuned by the EnvCom meeting, and interested cities were invited to join. The goal of this project is to share experiences and promote material efficiency in Baltic Cities. ACRR will bring into the project insights from other parts of Europe. More information on the meeting and on the new initiative can be obtained from UBC EnvCom Secretariat.

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FIRST STEPS TO IMPLEMENT GOOD PRACTICES

Within the feasibility study, the ten cities taking part in the TBestC have now handed reports based on the information collected at their study visits. The findings show that it is possible to transfer the practices and the first steps to implementation are underway.

The target cities for transfer, Liepāja, Riga, Kaliningrad, Sopot, Sillamäe, Jelgava and Cēsis have now visited the origins of the good practices: Kristiansand, Kaliningrad, Malmö and Turku, and are preparing implementation of the good practices. The way for this is being paved by specific feasibility studies.

The findings in the feasibility studies clearly indicate that it makes sense to transfer and adapt the good practices from one city to the other. Actually, most of the target cities have already taken the first practical steps towards the implementation. The final conclusions and experiences of the whole "transfer exercise" will be presented at the final seminar in Turku on 27 October and will thereby be available also for a wider audience of cities outside the project.

Before the final meeting, there is still one very interesting activity left for the project cities. They go on a study visit to the U.S. to learn from activities taking place over seas. The project group was



From left Eugeniya Ilina from ECAT Kaliningrad, Magdalena Leszczyńska-Czeczotka from Sopot and Elisabeth Helle from Kristiansand during the TBestC workshop in Sundsvall in April

in Portland visiting different environmental projects. This has been made possible thanks to the partnership with the U.S. Baltic Sea Regional Environmental Office.

The whole project will close by the end of 2004. The final report covering all activities and especially lessons learnt will be disseminated to all UBC member cities and all interested can get it also by contacting the EnvCom Secretariat. A second phase of the project is under planning with the purpose of facilitating the implementation of the practices.

The TBestC project has received co-funding from the Nordic Council of Ministers and Finnish Ministry of the Environment.

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BALTIC UNIVERSITY URBAN FORUM GOES INTEGRATED

The 20 cities and 20 other partners in the project Baltic University Urban Forum have taken part in 9 Best Practice workshops in the 9 out of the 10 themes during the project period of one and a half year. The theme still to be addressed is the Waste Management and this will be done during the BUUF seminar on October 30, in Turku.

Apart from organising Best Practice seminars the project activities are to review the cities' sustainability plans, monitor the improvements through indicators, produce benchmarking reports and 10 guidebooks. An advisory



photo Peter Fagerström

BUUF seminar which was held in Örebro in September. The man cycling is Mr Lars Ryden from Uppsala University, the leader of the Baltic University Programme

council with scholars representing all the themes will support this process. During 2005 the project focus will be on the monitoring of the progresses but also the organisation of integrated seminars addressing a number of themes for example waste, waste water and energy management.

The project is coordinated by a steering committee at the Royal Institute of Technology (KTH) in Stockholm, in which BUP and UBC EnvCom as well as the municipality of Nacka takes part. UBC EnvCom coordinates the work on the sustainability indicators and coordinates the project with European projects on the topic.

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BICYCLE WORKSHOP



Presentations of bicycle practical examples during the meeting in Örebro

In the first week of September 2004, 6th-7th, 18 persons from Estonia, Latvia, Poland and Sweden gathered in Örebro to participate in a bicycle workshop, organised by the city of Örebro and UBC Commission on Transportation.

A first bicycle seminar was held in Cēsis (Latvia) in September 2002, and that time an idea was born to organise a smaller working meeting for bicycle planners around the Baltic Sea to work around concrete problems and questions. The main problems for the new EU-member states are that cycling is traditionally not part of the city transportation and the infrastructure for cycling is very poor.

The first day started off with a presentation of Örebro as a "Bicycle friendly city". Then the National Road Administration presented a project where a 4 km long bicycle lane has been planned and built, as an example of how you can handle all kinds of problems in a city centre, along busy streets and in housing areas. In the afternoon the whole group was taken on a bicycle tour around Örebro to see and to test how that bicycle network had worked in practice.

The day after was dedicated to the workshop. Apart from a presentation of some practical examples from Malmö, the group has had a lively discussion. Issues such as a bicycle network, a need for single/double directed bicycle lanes, safety, security, road signing, information, marketing and influencing behaviour were treated.

The Commission on Transportation would like to thank all participants and the City of Örebro for planning and hosting the seminar.

EUROPEAN TRANSPORT PROJECTS & ANNUAL MEETING



A press conference during the meeting of the Commission on Transportation

The first meeting in 2004 for the Commission on Transportation took place in Kaunas, Lithuania, 10-11 June 2004. 55 participants from 22 different cities in the Baltic Sea Region came to the City Municipality Hall in Kaunas to participate in the conference.

From a questionnaire sent out during autumn 2003, and also from discussions at previous meetings, we learnt that many TransCom members felt the need for more information about European Transport Projects and funding possibilities. Since the Baltic countries and Poland just entered the EU, it was now the right time to discuss and exchange ideas about what funding

possibilities there are in the sustainable transport field. The speakers from the European Commission and from Swedish Association of Local Authorities gave an insight in priorities within EU and Interreg funding possibilities.

After the more "theoretical" aspects, speakers from the Guidemaps project, Göteborg, Tallinn, Malmö, Gdynia and Kaunas showed some practical examples and their experiences from different types of European projects.

The following day, 11 June, the Annual Commission Meeting took place. The participants discussed, among other things, how the commission could work, how to use the network as efficient as possible, what could be the future topics for seminars etc.

The Commission on Transportation would like to thank all participants and the City of Kaunas for hosting the seminar and the Annual meeting.

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SUSTAINABLE TRANSPORT AND URBAN PLANNING

Two commissions of UBC, the Commission on Transportation and the Commission on Environment are preparing an application for the 7th call of Interreg IIIB Baltic Sea Region. The purpose of the proposed project is to invite cities to work with Transport and Urban planning issues with the aim to move towards a more sustainable and integrated planning process in the city. There are envisaged to be three groups of cities in the project depending on what state they are in their Sustainable planning process; beginners, intermediates and forerunners. A feasibility study mapping the state of the art in the cities will be made in November-December 2004. If your city

is interested, please contact the UBC EnvCom or the UBC TransCom for more information.

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THE 3RD UBC IS COM MEETING IN TAMPERE

The 3rd meeting of the UBC IS COM was held in connection with the seminar “*Baltic Sea Cooperation in the Changing Europe - the 10th Anniversary Seminar of the Baltic Institute of Finland*” (BIF) organized in Tampere on October 20, 2004.

The speakers of the high-level anniversary seminar of BIF included e.g. the Finnish Foreign Minister *Mr. Erkki Tuomioja*, St. Petersburg Vice Governor *Mr. Valery Tikhonov*, Director of Baltic Development Forum *Mr. Ole Frijs-Madsen* and *Mr. Adam Rotfeld*, Secretary of State of the Polish Ministry of Foreign Affairs.

The UBC IS COM meeting took place in Tampere after the BIF seminar on Thursday 21 October, and it consisted of a general session and the following three workshops under the main theme

„*Promoting eGovernment in the Baltic Cities*”:

- Workshop 1: eCards
- Workshop 2: eParticipation
- Workshop 3: eInfrastructure

New eGovernment related project initiatives between the Baltic Cities were discussed and elaborated in the workshops.

UBC IS COM aims at promoting and accelerating development of information society in the UBC member cities by facilitating exchange and dissemination of experiences, information, best practices and successful applications of technical innovations acquired in local information society activities. The goal is to enhance knowledge and capacities of the local authorities responsible for information society issues to design, develop and manage innovative

information society policies and activities.

UBC IS COM activities follow and support the guidelines, strategies and general objectives set out in *eEurope*, *eRussia*, Northern *eDimension* and various national *e*-initiatives promoting the Information Society development in the Baltic Sea Region.

Dr. Sergey Zhdanov, Chairman of the Committee for Informatization and Communications of the St. Petersburg Administration, acts as the UBC IS COM Chairman. The Baltic Institute of Finland operates as the Commission Secretariat.

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NEWS FROM THE COMMISSION ON BUSINESS COOPERATION

In-between the yearly meetings several bilateral or multilateral meetings take place covering more in detail subjects of particular interest for the members involved. Växjö has, for example, organised such meetings with Kolding, Kaunas and Tampere on subjects related to Science Parks, Science Centres, IT Clusters, Shopping Centres, city attractiveness as a business development factor, etc. Some of these visits and discussions have led to EU project proposals.

Tampere's project

Tampere, when chairing the Commission, was asked to organise a project: Developing a Technology Park and Business Incubator Concept in Lithuanian Cities. The overall aim behind the project was to promote and support innovative entrepreneurship in the cities of Klaipėda and Panevezys by improving the services of existing regional support structures, new business development services developed for research-based and technology-oriented small and medium sized enterprises (SMEs) and start-up entrepreneurs.

Klaipėda Regional Development Agency was the project leader and the Baltic Institute of Finland was the Finnish coordinator. Financed by PHARE CBC Small Project Fund (Lithuania), the kick-off meeting was held in Klaipėda on April 6, 2004 and the last meeting was held in September. There are currently discussions going on regarding a continuation of the project.

The Commission's meeting in Växjö

The meeting, chaired by the Chairman Lennart Gårdmark was held at the Växjö University Campus on 10-12 June 2004 gathering representatives from 15 cities.

The presentations covered subjects such as:

- Videum Science Park,
- Växjö City Branding,
- InternetCity, the regional IT Cluster, and Web Service Competence Center,
- BioEnergy Småland – Expo Växjö, the regional bioenergy export clusters: city, university and companies,
- Växjö University,
- Swedish Business Incubators,
- Swedish Industrial Design,



The participants of the Commission's meeting in front of the Kronborg Castle in Växjö

- Young Entrepreneurs,
- Accelerators versus Incubators.

During the second day other subjects were discussed and representatives of visiting cities made very interesting presentations. It was also emphasised that the city planning is a rather important factor for business development. The new members gave introductory information about their cities. The City of Tallinn extended an invitation to the 2005 meeting and the main themes of that event were already discussed. Turku declared its willingness to host the meeting in 2006.

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MEETING POINT OF DIFFERENT CULTURES

The 4th UBC Youth Camp took place on the island Hiiumaa on 13-18 June 2004. Over twenty young people from Estonia, Latvia, Lithuania, Finland and Sweden met at Kõpu to develop the project “Were my parents Europeans? – 1970’s - 1980’s”.

Each group had to prepare an overview presentation and an exhibition of that period. During the camp days the students participated in several workshops to discuss fashion, music, dance and everyday life of seventies and eighties. It was a pleasant surprise for the students to find out that there had been few differences in the discussed topics.

Along with those thematic discussions, other interesting actions took place. Islanders appreciate the clean environment so one day all the members



Students made a time travel to 70s and 80s

of the camp went to clean the beach. The aim was to sort out the garbage brought by the sea and by people. The students enjoyed the extreme walk to Tahkuna bankers, a trip to the neighbouring island Saaremaa and the sights of Hiiumaa guided by the Estonian students.

Some of the students’ opinions: Maris thinks that the camp was just great. She

would do it over and over again. Stiina enjoyed the workshops. The themes and the workshops also gave a chance to get together with different people. It was interesting and easy to discuss the topics with the open-minded people. After the cleaning of the beach Aaro found it much more important to keep the nature clean. Kersti knows that she will never forget the time she spent in this camp and hopes that there will be many more interesting projects like that one.

by Diana Liivat and Milvi Tikka

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WOMEN’S NETWORK SEMINAR

Nordic Forum. As a member of the International Programme Committee the co-ordinator participated in the planning process of the 10th Anniversary Seminar of the Nordic Forum that took place in Turku 12-13.8. 2004. The Seminar, arranged by the Nordic Council of Ministers, City of Turku and Åbo Akademi University gathered ca 500 participants from 11 countries to evaluate how the themes from ten years ago have progressed. UBC Women’s Network was given a quota which made it possible to invite interested members to participate in this process campaigning for equal opportunities for everyone in accordance to the theme of the seminar “Equal Opportunities – for WoMen”. The seminar reviewed the themes through working life, social influencing, as well as private and family life. In addition, women trafficking as well as violence towards women and its consequences received a great deal of attention.

Women’s Network seminar. The theme for the seminar, that was organised on October 14, was “Municipalities and Gender Equality in Baltic Sea Region and as a Nordic Dimension”. The Women’s Network discussed iter alia: the program for the autumn, the importance of a woman to be elected to UBC Presidium,

common projects and answers to the questions: how to promote Gender Equality Cooperation; how to create a supportive environment for Gender Equality Policy, how to strengthen the role of women in decision-making and politics and how to use Women’s Network to enhance that purpose?

It was extremely important to get the views of some very prominent women in politics and administration from Russia, Estonia and Lithuania, the representatives from Lake Victoria Women’s Network and to get the grass-root opinions from the women’s centres in Kalmar and Turku.

The participants formulated project-ideas (to be further developed) and expressed many important thoughts answering the questions above. One of presented ideas was to build a permanent structure within the UBC consisting of representatives from UBC commissions and networks, representatives from UBC cities and Women’s NGO’s and researchers. This structure could be used as well as an advisory or as a consultative committee with the goal to implement common standards on equal opportunities, rights, freedom and responsibilities and to promote policies



The method used, circulating people in so called Learning cafés, made it possible for everybody to participate in the dialogue

to help member cities to develop municipal equality plans, promote standards and norm, to promote gender mainstreaming.

Two women from the LVRLAC Women’s Network participated in these Seminars. One of the best experiences from these days in Turku was that women’s organisations and groups are cooperating to become stronger. In order to obtain that goal LVRLAC Women’s Network would like to get in touch with different UBC member cities for further cooperation.

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BALTIC PEARLS AND ARS BALTICA

A Strand of Baltic Pearls: A History of Cities in the Region

The working meeting on a previously approved book and lecture 'A Strand of Baltic Pearls: A History of Cities in the Region' was planned to be held in Szczecin in October 2004. That meeting was postponed and it will take place on the beginning of the next year on Visby, Sweden.

The authors who will contribute to the book and the related lecture series will be invited to discuss their efforts in greater detail. There will be prof. Jan M. Piskorski, the leader of this project; prof. Nils Blomkvist from Gotlands University College, Centre for Baltic Studies; prof. Alvydas Nikzentaitis from Lithuanian Institut of History; prof. Jens E. Olesen from History Institute of the Greifswald University and prof. Edward Włodarczyk from History Institute of the Szczecin University.

Ars Baltica Forum

The Ars Baltica Forum held on September 23-25, 2004 in Gdańsk, was the venue where representatives of policy makers, cultural operators and artists

discussed the conditions and challenges for the cultural cooperation in the Baltic Sea Region.

The Forum was organised by the Ars Baltica Secretariat at the Baltic Sea Culture Centre in Gdańsk and the Ars Baltica Organizing Committee. The Forum's cooperation partners are the Polish Ministry of Culture and the Office of the Marshall of the Pomeranian Voivodship.

The UBC General Secretary Paweł Żaboklicki, the Chairman of the Commission on Culture Sławomir Szafranski and editor of the Mare Articum magazine Magdalena Lewoc were representatives of the UBC during this meeting.

Mrs Lewoc presented the magazine, that from 1999 holds the Ars Baltica Logo, and Mare Articum editorial board plans for the future. Mr Szafranski proposed to organise a meeting of cultural networks that are active in the Baltic Sea Region. It could be possible to organise it together with Les Rencontres association based in Paris at the beginning of 2006 in Vilnius, Lithuania.

UBC Commission on Culture vowed to take a more pro-active stance in developing the network of cultural institutions in UBC member cities. This includes more frequent correspondence with city officials and those from local institutions about ongoing and incoming cultural events and efforts to improve the frequency of information updates on the UBC web site.

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NETWORK ON YOUTH ISSUES SETS ITS GOALS

The working group of the Network on Youth Issues worked out the most important issues for the Network which are inter alia: to organise the youth conference, to present and promote the Youth Chronicle and the website and last but not least is to find a way to increase young peoples possibility to affect both the UBC and locally in the member cities.



Network on Youth Issues last meeting in Riga, 15 October 2004

For the first time a working group (WG) met in Kalmar, Sweden in February 2004. At the meeting the aims and goals of the Network were discussed. Among other things it was decided to work towards a youth Conference in 2005, where also several young people outside of the Network will have the possibility to take part. It was also decided that the Network should produce a booklet with chronicles written by young people around the Baltic Sea, set up a website of the Network and to keep working on inviting participants from countries that are not participating today.

The following WG meeting took place in Kolding, Denmark in May. The Network had discussions how they should be able to monitor the agenda and documents of the

UBC from a youth point of view and it was decided that each participant within the Working Group shall take part of the information from the networks and commissions. The website was also an important issue for the Network since it is essential to reach out with information to enable the members to get in contact with each other more efficiently.

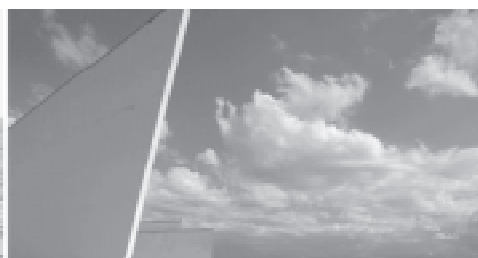
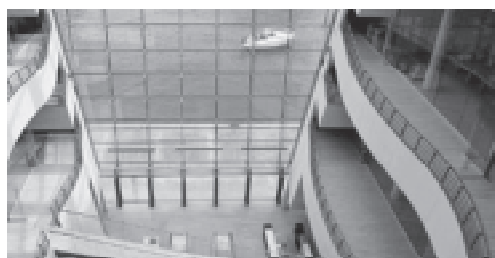
The Working Group (WG) consists of one youth representative and one civil servant from eight member cities, an EU advisor, a representative from Baltic Sea Secretariat for Youth Affairs, Kiel and a representative from Kumulus, Kalmar (a Swedish project on developing the international dimension in the youth politics).

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CONFERENCE „BALTIC SEA REGION - PERSPECTIVE 2010” IN BRUSSELS



The conference „Baltic Sea Region - Perspective 2010” takes place in Brussels on 23 November at the Committee of the Regions premises.

The aim of the conference is to confirm the Baltic Sea Region as a model region in Europe, to discuss the future development and the necessary actions that need to be taken and indeed to promote Baltic Sea Region cooperation amongst Brussels policy actors.

The conference is jointly organised by
City of Copenhagen
Hanse-Office
Mecklenburg-Vorpommern EU-Office
Tallinn EU Office
Stockholm Region
South Denmark House
Oslo Region European Office
City of Malmö
City of Helsinki

The expected participants of the event are: politicians (COR, EP, national, regional, local), representatives from the EU institutions, academics, the permanent representations in Brussels, the business community, NGOs and the media. UBC will take an active part in the conference.

Further information:
www.kk.dk/baltic-conference

TOWARDS WASTE-FREE LIFESTYLES

The Association of Cities and Regions for Recycling (ACRR) in partnership with the City of Turku and the Turku Waste Management Company organised Towards Waste-Free Lifestyles European conference on local authority actions. The conference took place in Turku, Finland on October 29, 2004.

A growing generation of waste characterizes lifestyles in industrialised countries. Each European produces already 500 kg of household waste during one year. This is the visible side of consumption. The hidden side corresponds to 3500 kg of industrial waste and 50000 kg of natural resources. For instance, manufacturing a 5-gram gold ring requires the extraction and processing of about 3000 kg of resources.

Thus, it is crucial not only to focus on waste but also to consider the products and resources behind it. This requires the involvement of all actors of the production and the consumption chain.

The attitudes and demands of consumers influence the development of more environmentally-friendly products and services. Consumers need support

and ideas to change their behaviour. With adequate information, they can bring concrete changes to the consumption of resources and the production of waste.

Local and regional authorities are in a good position to raise awareness of their constituencies. They are the closest public actors to citizens. They represent a reliable and credible source of information. They also have influence on many aspects of waste management. As such, cities and regions are the central drivers of resource management as well as of the development of a local sustainable culture.

The conference gathered waste management actors from Europe and Russia with the aim to review the actions of local authorities to tackle the above-mentioned issues and to facilitate the exchange of experience between new and older EU Members and Russian Cities

The conference was tailored for decision-makers and experts from cities and regions, industry and NGOs. They discovered local efforts to reduce waste at each stage of the consumption chain. They gained new ideas and tools to implement actions in their communities.

Plenary sessions and parallel workshops facilitated exchanges and dialogue.

Visits to various waste management facilities and project sites were organised on October 29, to discover and to learn how sustainable waste management practices were organized in Finland.

The conference was a part of the project ELISEE (Encouraging Local Initiatives For Sustainable Lifestyles in Enlarged Europe) which receives financial support from the European Community.

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III. NEWS FROM MEMBER CITIES

Children and Youth's Centre

Cēsis Children and Youth's Centre is one of the largest education establishments, out of 172 of them throughout Latvia, providing a rich choice of well-organized and interesting extra-school activities for Cēsis children and youngsters. Everyone has his leisure, spare hours, which could be spent on recreation, entertainment, physical and mental development.

CCYC offers many-sided possibilities for self-expression, development of abilities and talents. Every year CCYC offers educational programmes in visual applied arts, technical crafts, cultural education and areas. More than 1200 youngsters willingly attend these activity groups.

The widest and richest in traditions are activities in visual and applied arts. Drawing, painting, pottery, wood-working, wicker works, work with different nature materials, knitting, crocheting, dress-making, sewing, weaving, silk-painting – all these make up only a small part of the numerous possibilities. It is pleasant to see that regardless of the ever-growing influence of modern technologies such as computers on our everyday life there are still children and young people who are really interested in needle-work, keen to develop their abilities and talents, acquire new skills for their future life. Even the participants themselves consider self-made articles much better to those bought in shops. They make small household articles, things for everyday use, and nice presents for friends. Cēsis Children and Youths' Centre's creative work is



Children and Youth Centre provides extra activities for youngsters

regularly reflected in annual exhibitions, which are so popular with Cēsis public (and well-attended by them).

The Centre offers also different culture-educational activities - concerts, contests, shows as well as organizes holiday camps in summer.

In recent years the work of Cēsis youngsters has become more interesting and active. They themselves take an active part in solving different problems, organizing parties, youth days. They are the authors of a lot of original ideas and good organizers, too.

Cēsis Children and Youths' Centre is rich in traditions and has gained a great popularity among Cēsis children and youngsters. CCYC is well supported by the children's parents, local and regional government.

Research work has been regularly carried out at CCYC. Everything is being done to find out the children and youngsters' interests to offer the activity groups meeting their needs and desires. Every year there are opened some new activity groups giving our young people new possibilities of self-expression, evoking their interests.

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Hipotherapy – a Good Element for a Resort City

Hipotherapy as a method includes physical, psychological, pedagogical and social rehabilitation by use of horseback riding an aim of which is to improve, restore partly lost or compensate completely lost functions of movement.

Hipotherapy also improves self-balance and coordination by normalising the muscular tonus as well as increasing self-confidence. As a method it includes not



Hipotherapy specialist helps to become friends

only medical rehabilitation but also horse riding sports for disabled people and recreation measures.

There was established the only one institution of hipotherapy in Latvia, in Jūrmala seven years ago. It is attended by 90 patients per month. The competition „Calk” for disabled people was organized for the first time in 1999 in cooperation with Jūrmala municipality and The National Hipotherapy association of Latvia.

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International National Minorities Festival in Jõhvi

On 15-17 July 2004 the town of Jõhvi hosted a lot of people of different nationalities living not only in Estonia but also from abroad to celebrate the national minorities festival called “A Pot of National Cultures in Ida-Viru County”.



The festival starts with a march



Almost 500 participants came to take part in the festival and they introduced their national culture and showed their dances, songs and folk music. There were also four delegations from abroad – Uzbek people, Lithuanians and Byelorussian and Finnish culture groups. The festival included discussions on the problems of the development possibilities for national minorities in the European Union.

Ida-Viru County, a border Estonian region, is known for its ethnic diversity. This is partly due to the large-scale oil shale-based industry here as people from



all over the former Soviet Union came to work in its mines and factories. For almost 10 years folk culture societies of different nationalities have been active, teaching their native language and culture.

For three days people could visit the handicraft fair and workshops. The participants of the festival were especially interested in national food: Chuvash confectionery products and health drink, Uzbek plov (rice pilaf), Hungarian hand-made candy, Ukrainian pies, etc. The costume chess game also attracted a lot of attention – the game was shown on the Central Square of the town and the counterparts were the culture societies of national minorities and the delegation from the European Commission. The battle that began with the king's gambit ended in the 21st move with a friendly draw which in a way symbolised that even in the European national minorities will have their place in a nation-state.

This festival was organised by the Jõhvi City Government and supported by the Directorate General for Education and Culture of the European Commission.

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European Meetings – New EU, New challenges

Between May 26th and 30th, 2004, within the framework of the town-twinning program, the delegations from Berlin, Neubrandenburg, Neumünster, Roermond, Gladsaxe, Bourges, Seinäjoki and Kristianstad took part in the “European Meetings” in Koszalin. Common meetings, discussions, sightseeing, visiting displays and cultural institutions were planned to indicate cultural diversity of Europe.

The “European Meetings” can be treated as an undeniable success. One of the most significant consequences of the event was a partnership agreement between the city of Koszalin and the city of Kristianstad (Sweden). The spirit of cooperation that prevailed during numerous conferences held by that time enabled all the parties to conduct



The participants of the “European Meetings” at an inaugural meeting on 26th May 2004 in Koszalin

constructive talks which will certainly result in better cooperation at all levels of the functioning of European communities. Meetings of such kind are platform to create new quality of cooperation between local communities which constitute the basis of the European Union.

A conference that took place in the Technical University was devoted to the idea of promotion and supporting young generation of Europeans. In the Municipal Culture Center, the representatives of twin-cities met at a conference on the exchange of experiences in provision of aid to disabled people in the light of the European Union

regulations. There was also displayed a media presentation in order to make the guests familiar with Koszalin itself, its locality and numerous advantages of the Koszalin region. Issues such as culture, education, sport and the development of tourism were also discussed at the conference.

One of the focal points of the event was to integrate youth from the twinning towns since actions targeted at young people have the greatest chances to bring long-lasting effects. Young Europeans who visited Koszalin had the opportunity to get to know with Polish teenagers. In a historic “Executioner’s House”, a play was performed by a youth theatrical group from Denmark. There was also a meeting organized in the “Club of the European in Koszalin. Young people gave a presentation on the European Union and expressed their attitude towards the accession of new countries. Pupils from Koszalin Music College gave

a concert of classic music in the Philharmonic of Koszalin and dance groups from twin towns presented their dancing skills during International Modern Dance Tournament.

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Mr Benno Zierer, Council of Europe, and Mr Mats Johansson, Mayor of Karlskrona (photo by Marcus Palmgren/BLT)

The Plaque of Honour

The Municipality of Karlskrona has been awarded the Council of Europe prize the Plaque of Honour in a ceremony during the Baltic Sail Festival last summer.

Mr Benno Zierer, former German member and honorary member of the Parliamentary Assembly of the Council of Europe, delivered the Plaque of Honour to the Mayor of Karlskrona Mr Mats Johansson, framed by fluttering flags and blaring trumpet fanfares.

In the justification for the prize was announced that many citizens of Karlskrona had been participants in international contacts especially in Kaliningrad, Lithuania, Poland, Germany as well as Denmark, Finland and Norway.

Mr Zierer meant that the award was an encouragement to new efforts in the international work. Mr Johansson expressed pressure and pride in that the Municipality of Karlskrona is the only municipality in Sweden that has got the Plaque of Honour.

As early as fourteen years ago we did see possibilities in cooperation with Klaipėda and some years later with Gdynia. On many levels we have had a conscious strategy, said Mr Johansson, and he considered that the international work would give positive effects in trade and economic growth as well. The cooperation is not only economic matters; it is to a great intent human exchange e.g. tourism, culture and town twinning.

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Project Baltic Cruise Commences

Twelve ports in ten countries from the Baltic Sea Region have joined together to form a major new cruise partnership, in order to create opportunities for continued growth in the numbers of incoming cruise ships to the Baltic.

The *Baltic Cruise* is the largest ever project of international cooperation where, together with the leading ports of the region, Klaipėda City Municipality, State Seaport Authority and Tourism and Culture Information Center will take part. The number of the project partners amounts to 23 institutions - one or two from Copenhagen, Stockholm, Helsinki, Oslo, Turku, Rostock, Kalmar, Gdynia, Riga, Tallinn and St.Petersburg (observer). Partners and sponsors also are SAS Group and Rezidor SAS, which are, respectively, official airline and hotel partners.

The *Baltic Cruise* project will be based around two specific areas: developing destinations, and joint marketing. The overall aim of this cruise tourism partnership will be to ensure 20% increase in cruise ship guests coming to the region and a 4% increase in the Baltic region's market share of cruise ships globally.

With this new Baltic cooperation we will be able to ensure a stronger position for the Baltic in the international cruise market. Ole Andersen, the leader of the project, sales and marketing director of Tourism Board *Wonderful Copenhagen*, says, that activities will primarily focus on propagation of the Baltic as a single product among shipping companies and potential passengers of the world. Close relations among the harbours are important in persuading more cruise lines to choose the Baltic as a destination for their cruise ships.

The benefits of the project *Baltic Cruise* for Klaipėda and Lithuania will be truly great as the city shall become more known and accessible to all potential world cruise companies, our institutions responsible for cruise tourism development. The agencies serving for tourists will benefit from knowledge and "best practices" sharing. It is foreseen also that the port of Klaipėda will sooner reach



This season Klaipėda was visited by 15 000 cruise tourists

the highest European level standard in passenger servicing.

The project is financed by INTERREG IIIB program and partially by the project partners themselves. Total budget of the project is 1,3 mil Eur – half of the sum is allocated by the EU. The project will continue for 3 years until July 17, 2007.

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Culture Capital of Europe 2010

The Hanseatic City of Lübeck is applying for the title of "Culture Capital of Europe 2010" in competition with 11 other German cities. The final decision will be made in late 2005 or early 2006.

In order that cities in all of the 25 EU member states will have a chance to share in the contest in the foreseeable future, two European cities will hold this distinguished title in 2010, as it has sometimes been the case in the past. Beside the German city there will be a European cultural capital in Hungary as well.

Lübeck is optimistic about obtaining the title – and there are many reasons why it has such a good chance. Even in the past the old Hanseatic city profited from a cultural infrastructure far superior to that of other German cities of its size due to its status as an independent city-state, which lasted until 1937. The historical centre of Lübeck has a wealth of historical buildings, which is why the Old City has been protected as part of the UNESCO Cultural Heritage since



1987. Lübeck has another great advantage compared with other German competitors such as Bremen, Potsdam, Karlsruhe or Kassel: its ideal geographic location. Situated on the southwest brim of the Baltic Sea, Lübeck has for centuries been the centre of trade for men and merchandise between the Baltic Sea cities and the continent. The town even earned the medieval title of “Queen of the Hanse”. This position will be turned to good account during the event year of 2010 by offering each of the states bordering on the Baltic Sea a month-long platform in Lübeck to present their culture to the people of Europe, thus giving the new EU members, as well, an opportunity to grow together not only through political and economical cooperation, but also through cultural integration. Lübeck’s historical Holsten Gate will serve as a symbol for this encounter.

In light of this competition strategy, the City of Lübeck kindly requests the member cities of the UBC to show their support for Lübeck’s application by contacting the German Federal Council, the German Federal Parliament and the EU Commission in Brussels, either directly or via their national governments.

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LÜBECK 2010
Bewerbung zur Kulturhauptstadt Europas

Malbork Active in EU Projects in 2004

Three of the projects coordinated by the city of Malbork, which concentrate on tourism and economy, had already got an EU funding. The partners in that projects are cooperating cities from the Pomeranian Province (Poland), the City of Kaliningrad (Russia) and the City of Klaipėda (Lithuania).

The project “Intensification of the economic competition of the Baltic Euroregion in the European Union” concentrates on cooperation of the cities in order to strengthen the economic competitiveness by cooperation and promotion actions between cities and companies from the northern part of Poland, Lithuania and the District of Kaliningrad. That cooperation will equal the chances of new countries in the EU: Poland and Lithuania on the basis of economic cooperation with District of Kaliningrad. The participants of the project are going to organise promotion campaign, Economic Forum and an exhibition promoting cities in Poland, in Kaliningrad and in Klaipėda as well as to organise business meetings.

Malbork Welcome Center. The aim of the project is the development of the tourism based on the city’s tourist advantages. It is planned to improve Malbork’s tourism offers, to develop the existing structures and to establish a base for further development and investments in the context of spatial planning of the city and its region. Malbork aims at increasing its importance as a tourist center in North Poland. The established link to the Interreg IIIB project “Baltic Welcome Center” is seen as added value element, providing for more efficient and coordinated implementation of it. The activities mainly will concentrate on investigations, analysis, development of MWC strategy and tourism development strategy according to international quality standards, supported by study visits, training and workshops as well as know-how exchange between Interreg and Phare partners. The Tourism information centre will be further developed.

Elicitation of navigation on the River Nogat nearby Malbork castle as a form of promotion of the Town. This project will concentrate on supporting and



Malbork castle by night

drafting the future direction of a waterway network development in a context of a tourist product and increasing the level of tourist attractiveness of Malbork. It will also increase cooperation between different actors promoting tourist and ecological development. The project will start the annual workshops for young people on ecology and tourism. During the project realisation there will be two documents created which will show the direction of water tourism development and ways of future investing nearby the Nogat River. The Documents will also show ecological menaces and point out that only clean environment can attract tourists and tourist investors. Realisation of the project would enable a permanent cooperation between non-government organizations with municipality.

Further information:
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New Ways Towards a New Europe

On 7-9 October Szczecin city hosts an international conference devoted to the future of cross-border cooperation. After almost 10 years Szczecin City, for the second time, hosts representatives of European border and cross-border regions who come to discuss the future of cross-border cooperation in Europe.

With its unquestionable position on the map of European border regions, and as a capital of Polish-German-Swedish Euroregion Pomerania, the city leads one of the most dynamic euroregions grouping Polish municipalities and poviats. Here, in 1995, the city hosted for the first time in Poland a General Assembly and Annual Conference of Association of European Border Regions (AEBR). As a result of the meeting, the most important programme document of the organisation - European Charter for Border and Cross-Border Regions, called since then the Szczecin Charter, was updated. Szczecin's representatives sit in the AEBR Executive Board where they represent the Euroregion Pomerania since the beginning of its membership in this European and regional representation.

Established in 1971, the Association of European Border Regions operates on the territory of EUREGIO – the oldest cross-border region in Europe on the German and Dutch border, and with the seat in Gronau (Germany). The Associations' most important aims are to identify problems, chances and achievements of border and cross-border regions, represent their interests on the European level, initiate, support and coordinate the cooperation and exchange of experiences among border regions. It also offers its support in solving various daily problems in the border areas. Presently AEBR lists about 120 members.

The events related to the EU enlargement and resulting from this fact the movement of the existing external borders eastwards and southwards, and finally publishing of the Third Cohesion Report by the European Commission require a separate discussion devoted to the cross-border cooperation. It is a must to adjust „the European Charter for Border and Cross-Border Regions” to the new reality. The conference's leading

theme: “New ways to a new Europe” completed with other themes such as ‘the European commonwealth of values vs. European Constitution’ or ‘the significance of cross-border cooperation as an element integrating EU’. The representatives of the European Parliament, the Commission and the Committee of the Regions have already confirmed their participation in the discussion panels.

AEBR appreciates Szczecin's significant contribution into the development of euroregional cross-border cooperation through placing its Annual Conference here. Also, the city's closeness to the EU's new internal border was significant. The conference grouping about two hundreds fifty participants from all of Europe was organised under the patronage of the Polish President Aleksander Kwaśniewski.

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Festivity „Šiauliai Days – 2004“

This year the city of Šiauliai celebrates the 768 city's anniversary. Indeed, the city does not get along in years but the city is growing rapidly. It is gratifying that the City of Šiauliai becomes more dynamic city with much potential to grow and to develop science, business and any other form of creativity.

The festivity “Šiauliai Days – 2004” started on the 9 th of September with the fifth international theatre festival that has got another shape. The former children



The festivity of Šiauliai starts in the beginning of September

and youth theatre event this year has transformed into the theatre festival – seminar. The organizers developed a fresh idea to combine the children performances with adults staged performances. An excellent basis was created for the actors to exchange experience and best practice. The students of Šiauliai University performed three days on different stages in the city center. Four university choirs performed conjoint pieces already rehearsed in summer for the Baltic States Students Festival “Gaudeamus”. It was followed by the concert of the students folk group “Saule “ and the group “Sound Makers”.

The main accent of the festivity was the marching parade comprising of schoolchildren, students , people from various organizations and art groups and the so called The Sun Train full of children. Each carriage diverged in originality and flamboyance. The award for the most colorful carriage was established by the organizers thus, everyone were keen on creating extremely gorgeous carriage. The parade ended with the hundreds of balloons rising to the sky. Hoist of the Šiauliai flag declared the opening of the festivity “Šiauliai Days – 2004”.

During two days of festivity the citizens and the guests could buy a lot of gifts and souvenirs at the folk art fair and as well to attend many art, photo exhibitions and concerts dedicated to the Šiauliai Birthday.

The spectacular concert “Love Beginning of the Sky“ crowned the festivity. The citizens could admire an impressive music, light and fire show that ended with the fireworks.

The city was extremely attractive by the fancy scenery for two days. Everyone could feel the celebratory mood of the city birthday that gives an impetus and initiatives to create a distinctive city where it is comfortable to live and to meet new challenges.

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41st UBC Executive Board meeting, Riga, 16 October 2004



40th UBC Executive Board meeting, Kristiansand, 16 May 2004

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Union of the Baltic Cities (UBC) is a network of over 100 member cities from all 10 Baltic countries, with an overriding goal of contributing to the democratic, economic, social, cultural and environmentally sustainable development of the Baltic Sea Region.

The Union has based its operational activities on ten working Commissions on Business Cooperation, Culture, Environment, Education, Health and Social Affairs, Information Society, Sport, Tourism, Transportation and Urban Planning. The Commissions coordinate and execute specific projects, activities and special events. Each city is capable to have its own creative and fully independent input to the Commissions' work.

The Union has an observer status with the Council of the Baltic Sea States (CBSS), the Parliamentary Conference on Cooperation in the Baltic Sea Area, the Helsinki Commission (HELCOM), the Committee of the Regions and the Council of Europe's Congress of Local and Regional Authorities (CLRAE).

The Union is open for new members. Any coastal city of the Baltic Sea or any other city interested in the development of the Baltic Sea Region may become a member of the Union by making a written declaration of its will to enter UBC.

Please contact the Union's Secretariat in Gdańsk for more information about the UBC work and the rules of entering the Union.