

## Evaluation of the *Sport is for Everyone* Questionnaire

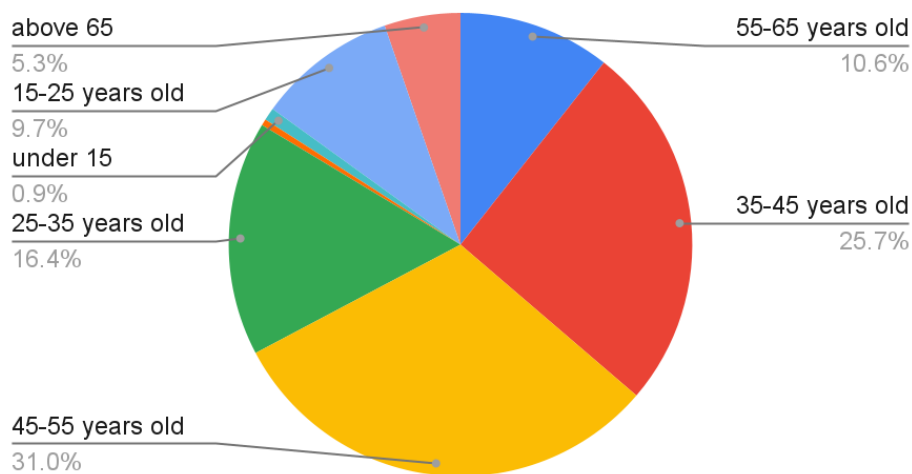
*Sport is for Everyone* project aims to bring together people with different abilities for a cycling trip along the Danube in the summer of 2021, to develop and to promote inclusiveness in sports. At the setout of the project, we conducted a survey to get to know the sport practices and opportunities of the people reached by the partner organisations.

The questionnaire was filled by a total of 226 persons, mainly from the partner countries: Hungary (50%), Austria (17%), Czech Republic (14%), Romania (10%) and Slovakia (5%), but some of the replies came from Italy and the Netherlands as well.

Among the respondents, the proportion of people living in villages, small towns and cities was almost equal (between 27-36%).

The age of respondents was also very diverse, as seen in this chart. It shows that 31% was between 45-55 years old, 26% between 35 and 45 years, 16% between 25 and 35 years of age. The proportion of respondents between 55-65 and between 15-25 years were both around 10-11%. 5% of respondents were above 65, and only 1% under 15 years of age.

### Age of respondents

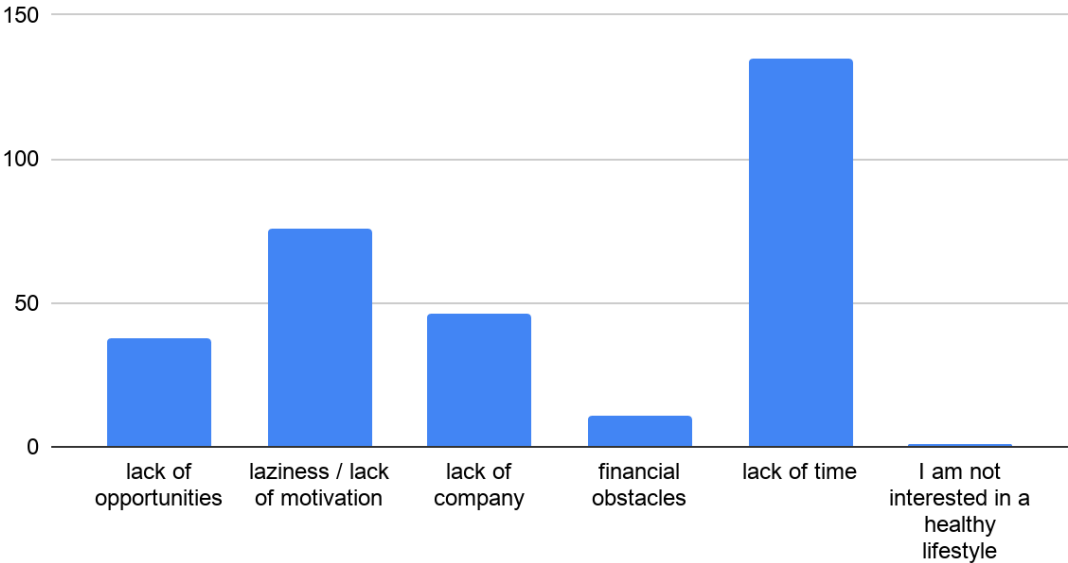


Most of the respondents do sports at least twice per week (63%), 17% do sports once a week, 8% once in 2 weeks, and 12% less than that.

83% replied that they would like to do sports more often.

Among the reasons for not doing it, by far the most popular one was lack of time, followed by laziness/lack of motivation, and lack of company.

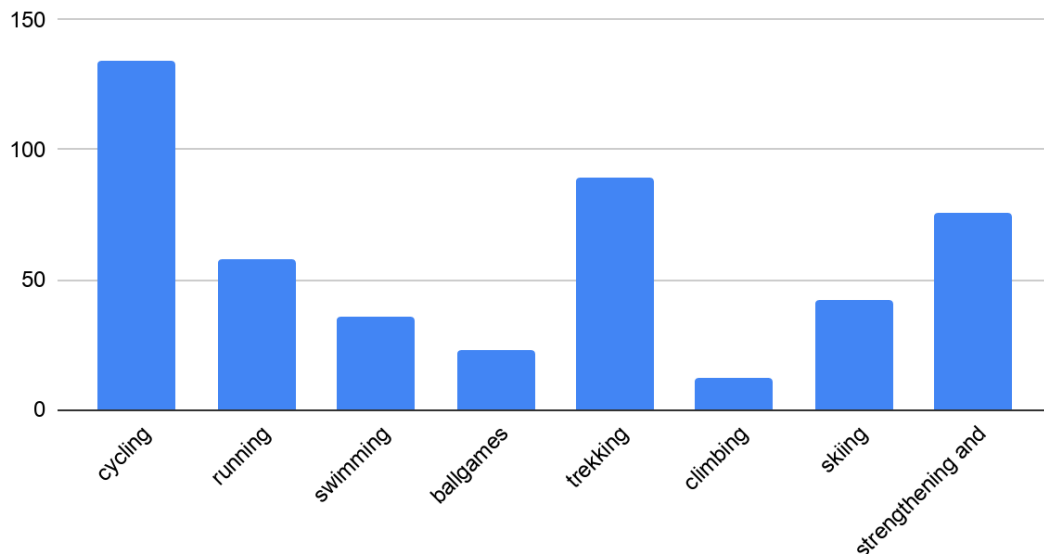
### Reasons for not doing sports more often



The majority of the group responded that participating in a larger sport event (such as a cycling trip) 1-3 times a year would also encourage them to do more regular sport activities. Most of the respondents (56%) find sports the most important in terms of a healthy lifestyle, followed by the importance of diet (22%) and relaxing regularly (13%).

The most popular types of sports were cycling, trekking and strengthening and stretching exercises.

Types of sports regularly practiced by respondents



We also asked if they prefer to do sports alone or in a group, and 43% prefer group activities, 16% working out alone, and for 40% it doesn't matter.

As for the age of the group, 66% replied that it doesn't matter, 27% prefer to do sports in groups of their own age, and 7% doesn't prefer groups of their own age.

15% of respondents need a personal assistant for doing sports, and 85% don't.

65 respondents have participated in inclusive sport activities before, which included people with different abilities. They shared positive experiences of respectful behaviour towards all participants and opportunities for learning and personal growth.