The idea of the project is to promote physical activities among local societies.

This will result in an original program of the European Week of Sport 2016. The main objective of the cooperation between the universities involved in the project will be to plan and organize the *Mini* *Recreation Olympic (RecreaOlympic)* which will promote traditional games and recreational activities associated with the cultural heritage of the countries participating in the project. *The* *RecreaOlympic* will be a new method and a form of encouraging students and local communities to take on physical activity in a fun way.

The main objective of the project is to promote voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity through increased participation in and equal access to sport for all. The objective will be achieved in the form of a recreational festival often referred to as a recreational sport. The feedback initiative of this nature justifies the fact that the role of recreation in the modern world is gaining importance in connection with the need to prevent situations of stress, diseases of civilization, shortening the working hours and raising living standards. The project supports the implementation of sport for all connected with specific cultural heritage of regions represent by participants. An integral part of the project is to create conditions for social inclusion across borders.

While playing, people regenerate, enjoy their free time and develop their interests. What is also important, is the fact that playing can be used to shape conduct as well as teach culture, tradition, and respect for the past.

Uczestnicy projektu:

1. Akademia Wychowania Fizycznego Józefa Piłsudskiego w Warszawie – lider projektu.
2. Akademia Wychowania Fizycznego im. Eugeniusza Piaseckiego w Poznaniu, Wydział Turystyki i Rekreacji
3. Uniwersytet Rzeszowski, Wydział Wychowania Fizycznego, Rzeszów
4. Lithuanian Sports University in Kaunas – Lithuania
5. Culture University of Presov in Slovakia
6. Masaryk University in Czech Republic
7. Institute of Sport Science, Department of Sport Pedagogy and Sport sociology in Germany
8. Gerlev Sports Academy P.E. & Playpark. The first European Regional Traditional Sports and Games Centre recognize by TAFISA in Denmark