

Let's Go Green! 2023: The Second NSK International Green Libraries Conference, Zagreb, 9 & 10 November, 2023

E(U)XERCISE

Encouraging physical activity as part of the NSK European Documentation Centre's activities

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INTRODUCTION



NSK OFFICIAL PUBLICATION COLLECTION

- official publications of the Republic of Croatia, foreign states and international organisations.
- NSK, Open Access, 4th floor

**UN AGENDA
2030**

**OFFICIAL PUBLICATIONS IN
THE FIELD OF SUSTAINABLE
DEVELOPMENT AND
ENVIRONMENTAL
PROTECTION**

**EUROPEAN UNION
DOCUMENTS ON SUSTAINABLE
DEVELOPMENT**

EUROPEAN DOCUMENTATION CENTRE NSK

- reference point for the publications and information related to the activities of the European Union
- European Commission
- NSK, Open Access, 4th floor

WHY WE STARTED TO EXERCISE IN NATIONAL AND UNIVERSITY LIBRARY IN ZAGREB?

After the opening of the European Documentation Centre in 2018 and the search for interesting events in which we could be involved, we decided that it would be the European Week of Sport.

- EDC can serve as a hub of knowledge not only for general EU information but also for understanding the EU's role in promoting sports, physical activity, and healthy living.
- The connection between physical exercise and libraries creates a stimulating environment for users and employees, encouraging them to align reading and learning with physical health and well-being.





Goals

- PROMOTION OF PHYSICAL ACTIVITY.
- RAISING AWARENESS ABOUT THE IMPORTANCE OF SPORTS AND PHYSICAL ACTIVITY.

THE EUROPEAN WEEK OF SPORT

The European Week of Sport (EWS) is an initiative by the European Commission aimed at promoting sports and physical activity. It was launched in 2015 across Europe in response to the increasing physical inactivity among European citizens. It is celebrated every year during the last week of September.

#BEACTIVE

EDC BICIKLIJADA



1

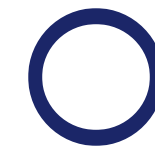
EDC CYCLING TOUR

September 24th, 2019



ORGANISATION

EDC NSK, in collaboration with European Documentation Centers in Zagreb, the European Commission Representation in Croatia and the Central State Office for Sport, as well as the cyclists from the Zagreb Library Association (ZKD Biciklisti)



ROUTE

- The European Commission Representation in Croatia
- The European Documentation Centre at the Faculty of Economics and Business – Zagreb
- The European Documentation Centre at the Institute for Development and International Relations – Zagreb.
- The European Documentation Centre at the National and University Library in Zagreb.



EDC CYCLING TOUR RESULTS

- **Promoting the #BeActive Campaign:** Encouraging participation in the #BeActive campaign among librarians, academics, and the wider community.
- **Inspiring Physical Activity:** Motivating participants to engage in physical activities and adopt an active lifestyle.
- **Introducing Centers and Opportunities:** Informing participants about the work of the centers and the various opportunities available to them.
- **Community Engagement:** Fostering community engagement by involving librarians and the academic community in promoting physical activity and overall well-being.



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WORKPLACE EXERCISE

September 25th, 2020

○ ORGANISATION

The National and University Library in Zagreb, EDC NSK, Ministry of Tourism and Sports and the European Commission Representation in Croatia

○ EXERCISES

Experts in kinesiology from the Fitness Institute presented a program of planned exercises adapted to the work environment. Some exercises were conducted indoors, while others took place outdoors. The number of participants was limited due to epidemiological measures





WORKPLACE EXERCISE RESULTS

This event was challenging to organize and implement as it took place during very strict epidemiological measures caused by the COVID-19 pandemic. Nevertheless, despite these challenges, it was highly successful.

PROMOTION OF WORKPLACE EXERCISE

The event facilitated the promotion of workplace exercise among the employees of the National and University Library in Zagreb.

COLLABORATIVE EFFORTS IN HEALTH AND SPORTS PROMOTION

This collaborative effort highlighted the significance of partnerships in promoting health and sports activities.

POSITIVE EMPLOYEE FEEDBACK AND LONG- TERM IMPACT

Attendees acknowledged that the learned exercises served as motivation to continue physical activities beyond the European Week of Sport.

THE #BECROACTIVE AWARD FINALE

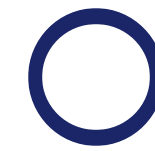
The National and University Library in Zagreb was one of the three finalists for this year's #BeCROactive Award in the Workplace category.



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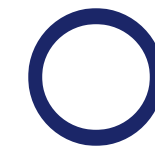
NSK CHESS SIMULTANEOUS MATCHES

September 23rd, 2021



ORGANISATION

The National and University Library in Zagreb, EDC NSK, Ministry of Tourism and Sports and the European Commission Representation in Croatia with Croatian Grandmaster Alojzije Janković



ABOUT THIS EVENT

15 players tested their skills against Croatian chess grandmaster Alojzije Janković. All 15 matches, played for approximately one hour, ended in victory for Grandmaster Janković. As part of the event, selected materials from the National and University Library in Zagreb's collection related to chess were exhibited, including posters from chess tournaments from the Graphic Collection of the National and University Library in Zagreb



NSK CHESS SIMULTANEOUS MATCHES RESULTS

- **Promotion of Chess** : Popularizing chess as a sport is crucial for its development and attracting new players.
- **Raising Awareness about the Health Benefits of Chess**: Emphasizing chess as a "brain exercise" highlights the health benefits of regular intellectual stimulation.
- **Promoting Social Connections**: The participation of multiple players and organizations in such events creates a shared space where people can meet, socialize, and compete.
- **Rewarding effort and success**: Participants were awarded for their involvement and the top three players received special awards.



4 LIBRARY WORKOUT (VJEŽBAJ U KNJIŽNICI!)

September 26th - 30th, 2022

○ ORGANISATION

The National and University Library in Zagreb, EDC NSK, Ministry of Tourism and Sports, the European Commission Representation in Croatia and the Zagreb Faculty of Kinesiology

○ ABOUT THIS EVENT

In the main foyer of the Library, a collective exercise session for employees and users was organized during the European Week of Sport, led by students from the Faculty of Kinesiology (KIF).





4

SURVIVAL IN NATURE

September 27th, 2022



ORGANISATION

The National and University Library in Zagreb, EDC NSK, Ministry of Tourism and Sports, the European Commission Representation in Croatia and the Zagreb Faculty of Kinesiology



ABOUT THIS EVENT

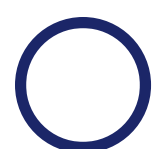
In the small foyer of the Library, interesting lectures on the topic of Wilderness Survival were held. Guest speakers: kinesiologist and KIF assistant Nikola Starčević, and member of the Croatian Mountain Rescue Service, Zagreb station, Perica Matijević. The lectures covered education on preparations preceding outdoor activities, tips on navigating in nature, ways to react and protect oneself in potentially dangerous situations, and more.





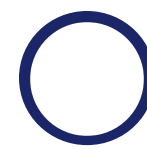
LIBRARY WORKOUT AND SURVIVAL IN NATURE RESULTS

The programme's success and the positive reactions of the participants makes EDC NSK and the Library extra motivated to rejoin the European Week of Sport.



PROMOTING HEALTHY LIFESTYLE

The program aims to promote a healthy lifestyle by offering exercise sessions open to both staff and users of the National and University Library in Zagreb.



EDUCATING ON OUTDOOR SURVIVAL SKILLS

The inclusion of talks on surviving in nature adds an educational component to the program.



FOSTERING COMMUNITY ENGAGEMENT:

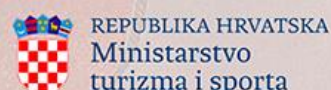
By organizing daily exercise sessions and informative talks, the program provides an opportunity for library staff and users to come together, participate in physical activities, and attend educational sessions.

SAMOOBRANA ZA ŽENE

predavanje i prezentacija osnova samoobrane
u povodu Europskog tjedna sporta

Predavač: Hrvoje Sertić (KIF)
Demonstracija vježbi: Iva Morandini Čavarović (NSK)

27. rujna 2023. u 17 sati, predvorje NSK



#BEACTIVE



Europski
dokumentacijski centar
Europski dokumentacijski centar NSK



NACIONALNA
ISVEUČILIŠNA
KNJIZNICA
U ZAGREBU



5

WOMEN'S SELF-DEFENSE

September 27th, 2023



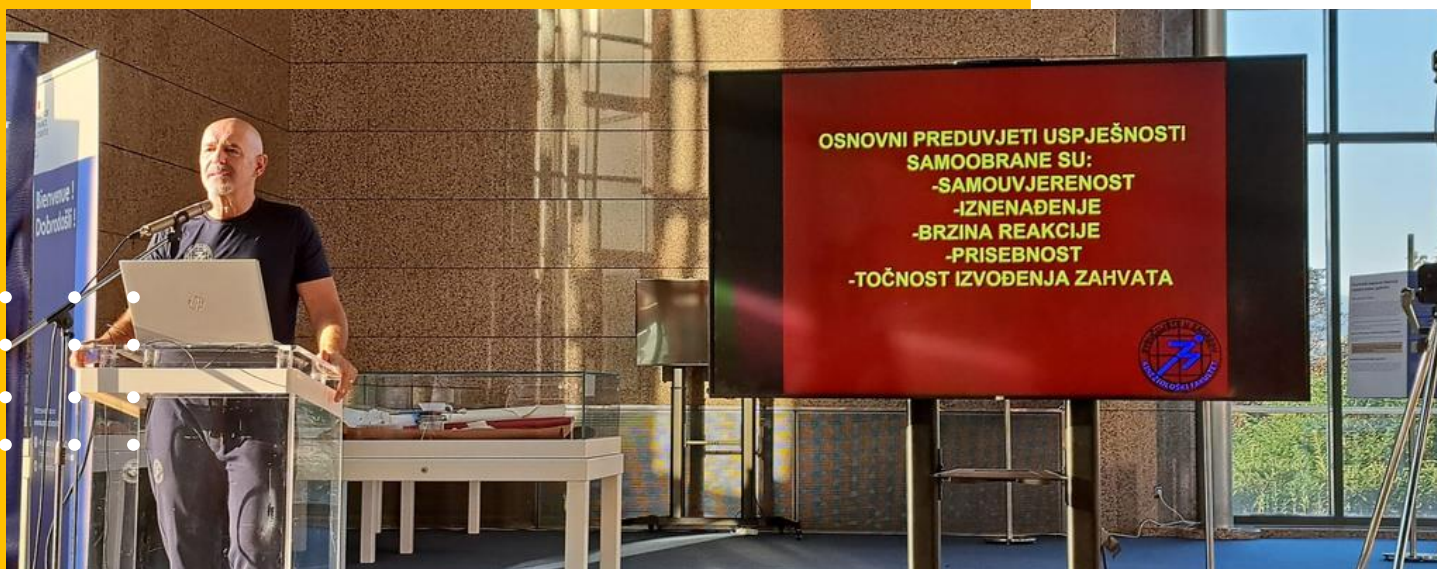
ORGANISATION

The National and University Library in Zagreb, EDC NSK, Ministry of Tourism and Sports, the European Commission Representation in Croatia and the Zagreb Faculty of Kinesiology



ABOUT THIS EVENT

Guest lecturer, Dr Hrvoje Sertić, Professor at the Faculty of Kinesiology (KIF), delivered a lecture introducing the fundamentals of self-defense. In the practical segment, he demonstrated several exercises with the assistance of students. Iva Morandini Čavarović, an employee of the National and University Library in Zagreb (NSK) and an active athlete, showcased movements applicable in everyday situations during the event's conclusion, involving all participants.



WOMEN'S SELF-DEFENSE PROGRAM RESULTS

- **Self-Defense Education:** The guest lecturer shared expert knowledge, and the practical part of the program allowed participants to learn and practice specific self-defense techniques.
- **Promoting Interest in Physical Activity:** Through lectures and practical exercises, participants were motivated to be physically active, which positively impacts their physical and mental well-being.
- **Collaboration and Partnership:** This collaboration highlights the importance of partnerships in promoting education, women's rights, physical activity, and safety..
- **Promotion of Physical and Mental Well-being:** It provided useful tools and information that participants can apply in their daily lives, thereby enhancing their overall well-being and safety..



CONCLUSION

- Libraries can actively contribute to the promotion of physical and mental well-being in their communities.
- By organizing diverse sports-related activities such as cycling tours, workplace exercises, chess matches, survival education, and self-defense workshops during the European Week of Sport, EDC NSK has not only enriched the library experience for its users but has also played a significant role in encouraging a healthier lifestyle.
- We are already looking forward to deciding which sport we will choose for the next European Week of Sport! :)

THANK YOU

#BeActive!

