

## V4V Good Practice Case Studies: Mäntyharjun Virkistys sports club

**Sport / Activity:** Gymnastics section

**Country:** Finland

Which of the four pillars does the example cover?

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| Volunteer strategy and planning      | <input type="checkbox"/>            |
| Volunteer recruitment and deployment | <input type="checkbox"/>            |
| Volunteer management and retention   | <input checked="" type="checkbox"/> |
| Volunteer development and training   | <input checked="" type="checkbox"/> |



**Focus of volunteer intervention: Online training for event participation**

**Objective(s):**

Mäntyharjun Virkistys is a multi-sport club in Finland and provides activities in a range of sports. Their gymnastics section is connected to the Finnish Gymnastics Federation who run the 'Gymnaestrada Tampere', an annual urban gymnastics event. This event attracts gymnasts who like to perform and compete and discover new ways to stay active, healthy and happy. The brings to the streets an energy and rhythm for gymnasts and anyone else who likes to move and have fun with others. Mäntyharjun Virkistys send around 50 gymnastics to participate in the event each year. To take part, each club is required to have a nominated liaison officer who works with the Gymnastics Federation.

**Activities undertaken:**

Online training was provided by the Finnish Gymnastics Federation to all liaison officers from clubs on topics such as the event timetable, dining and accommodation arrangements, participation details etc. The training and presentations were also recorded so that they could be accessed at any time, with additional materials also made available after the training. The training was mandatory – unless clubs nominate a representative to attend, they are unable to participate in the event.

**Impact:**

Having a liaison officer who is well informed about how the Gymnaestrada Tampere event numerous benefits. It provides a contact point for the Finnish Gymnastics Federation helps to ensure that the event runs smoothly, whilst from Mäntyharjun Virkistys' perspective, the training ensures that club representatives know what to expect at the event and that all the young participants feel confident to take part and perform in front of the public.

For further information: <https://www.virkistys.fi/> and <https://gymnaestrada.fi/fi/Vapaaehtoiset>

